

NVCC COLLEGE-WIDE COURSE CONTENT SUMMARY

PED 245 - LIFEGUARD TRAINING (2 CR.)

COURSE DESCRIPTION

Introduces basic swimming and non-swimming rescues, swimming approaches and carries, water survival, and first aid and safety practices. Focuses on preparation for the American Red Cross Lifeguard Certificate. Lecture 1 hour. Laboratory 2 hours. Total 3 hours per week.

GENERAL PURPOSE

The purpose is to provide Lifeguard candidates with the skills and knowledge necessary to keep the patrons of aquatic facilities safe in and around the water.

ENTRY LEVEL COMPETENCIES

- A. Swim continuously for 500 yards for a minimum of 100 yards each
 - 1. Crawl Stroke (Freestyle)
 - 2. Breaststroke
 - 3. Sidestroke
- B. Submerge to a minimum depth of 7 feet, retrieve a 10-pound object and return it to the surface
- C. Tread water for 2 minutes using legs only
- D. Must be 15 years of age by the first class

COURSE OBJECTIVES

Upon completion of this course, the student will be able to:

- A. demonstrate competency in each of the following areas (Additional competencies are required for the Head Lifeguard and Waterfront Lifeguard certifications.)
 - 1. Entering the water feet first
 - 2. Feet-first surface dives
 - 3. Approaching a victim
 - 4. Passive and active rescues
 - 5. Multiple victim rescues
 - 6. Submerged victim rescues
 - 7. One and two person lift
 - 8. Head and chin support (Shallow and deep water)
 - 9. Head and chin support (Submerged victim)
 - 10. Head splint (Shallow and deep water)
 - 11. Back boarding (Shallow and deep water)
 - 12. First Aid
 - 13. CPR and rescue breathing for and adult, child and infant
- B. pass the American Red Cross CPR for the Professional Rescuer and Life Guarding written tests with a score of 80% or better

MAJOR TOPICS TO BE INCLUDED

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| A. Personal safety and self-rescue | B. Reaching and equipment rescues |
| C. Swimming skills for lifesaving | D. Approaches |
| E. Carries | F. Defenses and releases |
| G. Search and rescue | H. Removing victim from water |
| I. Resuscitation | J. Small craft safety |