

PE - 247 - Swimming, Lifeguard Training

COURSE OUTLINE OF RECORD

VIII. General Course Information

Subject:*

PE

Course Number:* 247

Descriptive Title:* Swimming, Lifeguard Training

Course Disciplines:*

Physical Education

Division:

Health Sciences and Athletics

Department:*

Physical Education

Catalog Description:*

This course follows the American Red Cross (ARC) Lifeguard Training program and provides the opportunity for certification in Red Cross Lifeguard, First Aid, and Cardiopulmonary Resuscitation (CPR) for the professional rescuer with Automated External Defibrillation (AED). Emphasis is placed on personal safety, professional conduct, injury prevention, emergency preparation, public interaction, and rescue techniques for pool and non-surf open water environments.

Note: Certification requires passing both ARC practical and written examinations.

Note: This course is offered fall semester only.

Conditions of Enrollment:

Prerequisite:

Co-requisite:

Recommended Preparation:

Enrollment Limitation: American Red Cross mandate - Level 4 Swimming Ability

Course Length: Full Term

Hours Lecture (per week): 1

Hours Laboratory (per week): 3

Outside Study Hours:* 2

Total Hours:* 72

Course Units:* 2

Grading Method: Letter Grade only

Credit Status: Credit, degree applicable

Transfer CSU: Yes
 No

Effective Date: Prior to July 1992

Transfer UC: Yes
 No

Effective Date: Prior to July 1992

General Education ECC: Area 5 - Health and Physical Education

Term:

Other:

CSU GE: Area E - Lifelong Understanding and Self-Development

Term:

Other: Approved

IGETC:

Term:

Other:

IX. Outcomes and Objectives

A. Student Learning Outcomes SLOs (The course student learning outcomes are listed below.)

Student Learning Outcomes:**SLO #1 Lifesaving Skills**

Students will demonstrate appropriate lifesaving skills for active drowning, passive drowning and submerged victims meeting the most recent standards set by the American Red Cross Lifeguard Training program.

SLO #2 Breathing Emergencies

Students will demonstrate proper technique in response to breathing emergencies, both conscious and unconscious for infant, children and adults.

SLO #3 Spinal Injuries

Students will recognize spinal injuries which occur on land or in the water and perform the currently accepted techniques for emergency responders.

SLO #4 First Aid

Students will demonstrate appropriate responses to the first aid emergencies that most commonly occur at swimming pools and non-ocean waterfronts.

B. Course Objectives (The major learning objectives for this course are listed below.)**Course Objectives:**

1. Appraise a swimming environment for patron safety and rescue effectiveness.
2. Analyze a swimmer's distress signals and select appropriate action for the rescue.
3. Compose an emergency action plan specific to a variety of swimming environments and staffing abilities.
4. Assess a victim's need for first aid and select the proper treatment.
5. Document pertinent information following an emergency situation.
6. Organize a search and rescue team for waterfront rescues.
7. Assess a victim's need for CPR / AED and select the proper treatment.

X. Outline of Subject Matter

(Topics should be detailed enough to enable an instructor to determine the major areas that should be covered to ensure consistency from instructor to instructor and semester to semester.)

Example:

- I. Main Topic (3 hours, lecture)
 - A. Sub topics
 - B. Sub topics
 1. Super sub topic
 2. Super sub topic

Major Topics:

I. Lifeguard Training Options (1 hour, lecture)

1. Pool lifeguard
2. Non-surf waterfront lifeguard
3. Shallow water lifeguard

II. Legal Considerations (1 hour, lecture)

1. Standard of Care
2. Duty to Care
3. Negligence
4. Confidentiality
5. Abandonment
6. Good Samaritan Act

III. Pool Safety and Injury Prevention (1 hour, lecture)

1. The drowning process
2. Patron surveillance and injury prevention.
3. Enforcing the rules and patron education.

IV. Emergency Action Plans (2 hours, lecture)

1. Single guard on duty
2. Multiple guards and staff

V. Water Rescue Skills (3 hours, lecture)

1. Entries and approaches
2. Victim contact, tow and removal for distressed swimmers
3. Active and passive victims at or near the surface
4. Multiple victims
5. Submerged non-spinal victim and extrication

VI. Preventing Disease Transmission (1 hour, lecture)

VII. Victim Assessment and Care for Breathing Emergencies (2 hours, lecture)

1. Conscious choking adults, infants and children
2. Unconscious choking adults, infants and children
3. Anaphylaxis

VIII. CPR and an Automated External Defibrillator (AED) for Cardiac Emergencies (1 hour, lecture)

1. Adults
2. Children and infants
3. Coordinated team response

IX. First Aid for Chronic and Acute Conditions (3 hours, lecture)

1. Bleeding and shock
2. Soft tissue injuries
3. Musculo skeletal injuries
4. Poisoning, bites and stings
5. Sudden illness - diabetes, stroke, seizures
6. Burns
7. Hot and cold emergencies

X. Spinal Injury Management (2 hours, lecture)

1. Shallow water
2. Deep water

XI. California Title 22 Topics (1 hour, lecture)

1. Oxygen administration
2. Opioid overdose
3. Altered mental status
4. Active shooter

XII. Facility Orientation and Safety (2 hours, lab)

1. Identifying hazards around the pool and on the deck.
2. Remediating hazardous situations
3. Proper placement of equipment

XIII. Swimming Skills Evaluation (4 hours, lab)

1. Swimming distance and time
2. Treading water
3. Brick retrieval
4. Lifeguard circuit for training

XIV. Elementary Forms of Rescue (1 hour, lab)

1. Reaching
2. Throwing

XV. Rescue Skills for Victims at or Near the Surface (8 hours, lab)

1. Entries and approach strokes
2. Distressed swimmer
3. Active drowning victim
4. Passive drowning victim E. Multiple victim scenarios

XVI. Submerged Non-Spinal Victim Rescue (4 hours, lab)

1. Shallow water
2. Deep water
3. Zero-depth

XVII. When Rescues Don't Go as Planned (1 hour, lab)

1. Front head hold rescue

1. Front head-hold escape
2. Rear head-hold escape

XVIII. Initial First Aid Responses (3 hours, lab)

1. Scene Survey & Approach
2. Victim Assessment
3. Preventing disease transmission
4. Responding to breathing emergencies for adults, children and infants

XIX. Providing Cardiopulmonary resuscitation (CPR) (6 hours, lab)

1. Adults
2. Children
3. Infants
4. Drowning situations
5. Hypothermia
6. Spinal injury modification

XX. Automated External Defibrillator (AED) (1 hour, lab)

1. Adults
2. Children and Infants

XXI. Spinal injury management (8 hours, lab)

1. On land
2. Zero depth pools
3. Shallow water
4. Deep water
5. Extrication with stairs
6. Extrication with high sides

XXII. First Aid skills - including but not limited to (6 hours, lab)

1. Interview - "SAMPLE"
2. Bleeding internal and external
3. Tourniquets
4. Musculoskeletal injuries
5. Burns
6. Moving a victim
7. Seizures in and out of the water
8. Shock
9. Diabetes
10. Childbirth

XXIII. Oxygen Administration (1 hour, lab)

XXIV. Waterfront Rescue Skills (5 hours, lab)

1. Entries and exits for beaches, rocks, docks and boats
2. Rescue boards
3. Surfboards

- 4. Use of mask, fins, and snorkel
- 5. Search and rescue open water, non-surf
- 6. Rescuing a SCUBA diver
- 7. Canoes and Kayaks

XXV. Real-life Scenarios (4 hours, lab)

- 1. 30-sec test to reach a victim from anywhere in the pool
- 2. 60-sec test to extricate all non-spinal situations
- 3. 180-sec test to extricate all spinal situations with nonbreathing victims

Total Lecture Hours: 18

Total Laboratory Hours: 54

Total Hours: 72

XI. Primary Method of Evaluation and Sample Assignments

A. Primary Method of Evaluation (choose one):

Primary Method of Evaluation

1) Substantial writing assignments

B. Typical Assignment Using Primary Method of Evaluation

Typical Assignment Using Primary Method of Evaluation:

Critique a waterfront emergency, such as a drowning. This report will determine the appropriateness of the rescue response, the emergency action plan, and the ability of the staff to work together.

C. College-level Critical Thinking Assignments

Critical Thinking Assignment 1:

Assess the drowning scenario presented in the swimming pool and demonstrate what you determine is the appropriate response to rescue the victim in the manner which is safest to both the victim and the rescuer.

Critical Thinking Assignment 2:

Demonstrate both an initial assessment and a secondary assessment of a victim and provide appropriate first aid and/or CPR treatment based upon his/her findings and analysis of the situation presented.

D. Other Typical Assessment and Evaluation Methods

Other Evaluation Methods:

Class Performance

Completion

Matching Items

Multiple Choice

Other (specify)

Performance Exams

True/False

Written Homework

If Other: short answer

XII. Instructional Methods

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

Instructional Methods:

If other:

XIII. Work Outside of Class

Work Outside of Class

If Other:

XIV. Texts and Materials

A. Up-to-date Representative Textbooks: (Please use the following format: Author, Title, Edition, Publisher, Year. If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.)

Up-To-Date Representative Textbooks: Lifeguarding American Red Cross. Staywell Publishing, 2012.

B. Alternative Textbooks: (Please use the following format: Author, Title, Edition, Publisher, Year. If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.)

Alternative Textbooks:

C. Required Supplementary Readings

Required Supplementary Readings:

D. Other Required Materials

Other Required Materials:

XV. Conditions of Enrollment

A. Requisites (Course Prerequisites and Corequisites) Skills needed without which a student would be highly unlikely to succeed.

Requisite

Category

Requisite course:

Requisite and Matching skill(s):
Bold the requisite skill. List the corresponding course objective under each skill(s).

B. Requisite: (Non-Course Prerequisite and Corequisites) Skills needed without which a student would be highly unlikely to succeed.

Requisite:

Requisite and Matching skill(s):
Bold the requisite skill. List the corresponding course objective under each skill(s). if applicable

C. Recommended Preparations (Course) (Skills with which a student's ability to succeed will be strongly enhanced.)

Requisite course:

Requisite and Matching skill(s):
Bold the requisite skill. List the corresponding course objective under each skill(s).

D. Recommended Preparation (Non-Course) (Skills with which a student's ability to succeed will be strongly enhanced.)

Requisite:

Requisite and Matching skill(s):
Bold the requisite skill. List the corresponding course objective under each

E. Enrollment Limitations

**Enrollment
Limitations and
Category:** American Red Cross mandate - Level 4 Swimming Ability

**Enrollment
Limitations Impact:**

Course Created by: R. Masak/H. Parry

Date: 09/12/2013

Board Approval Date: 12/01/1956

**Last Board Approval
Date:** 05/21/2018

**Last Reviewed and/or
Revised by:** Linda Delzeit-McIntyre

Date: 09/12/2013