

American Red Cross Lifeguard Training Program

The purpose of the American Red Cross Lifeguard Training Course is to teach lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. The Student Health Care Center CPR/ First Aid department offers a series of lifeguard classes throughout the spring and summer. Previous participants have used this program to seek aquatic jobs on campus, and others have explored lifeguarding opportunities at local YMCA's, summer camps, country clubs or aquatic facilities near their home. The Lifeguard Training course is designed to be taught over a 2-3 week period. It is the responsibility of each student to make sure they can attend each class. Please review lifeguard course schedule below. The course is 25 hours and you simply choose one of the course options. Students must register in advance at the Student Health Care Center located in Yon Hall room 266 at the football stadium.

COURSE LENGTH: 25-28 hours depending on class size

AGE PREREQUISITE: Must be 15 years old

COURSE OBJECTIVES:

After completing this course, participants should know-

- The characteristics and responsibilities of a professional lifeguard
- How to work as a lifeguard team
- Legal considerations that affect a professional lifeguard
- How to prevent injuries and ensure patron safety
- What safety rules and regulations are and how to enforce them
- Decision making skills and how they apply to lifeguarding
- Identify major elements of effective surveillance
- Explain and demonstrate proper scanning techniques
- Understand the components of an emergency action plan
- Identify characteristics of distressed, active and passive drowning victims
- Demonstrate how to effectively rescue an active or passive drowning victim
- How to properly initiate adult, child, and infant CPR
- Recognize warning signs of a stroke, heart attack, or major medical emergency
- How to give two rescuer CPR
- How to use a Bag Valve Mask resuscitator
- How to care for a victim of sudden illness or a heat or cold related emergency
- How to recognize and treat the different types of wounds
- How to care for injuries to muscles, bones, joints, and spinal injury

CERTIFICATION REQUIREMENTS:

Upon successful completion of the Lifeguard Training Course, each participant will receive two American Red Cross Universal Certificates: one indicating Lifeguard Training and First Aid that is valid for 3 years and another indicating CPR for the Professional Rescuer that is valid for 1 year.