

# GUIDELINES FOR CONDUCTING LIFEGUARDING AND SHALLOW WATER LIFEGUARDING REVIEW COURSES

The purpose of a review course is to give individuals the opportunity to review the course content within a formal course setting. The review course format optimizes a participant’s ability to successfully complete the knowledge and skills evaluations. The responsibility for preparing for the final written exam is shared by the instructor and the participant.

The lesson plans in the *Lifeguarding Instructor’s Manual* support the following review course outlines

and should be used when teaching a review course. Each participant should have the opportunity to view video segments, practice and perform skills for evaluation and complete the final written exam(s) for the course being reviewed.

Individuals with a current Lifeguarding/First Aid/CPR/AED or Shallow Water Lifeguarding/First Aid/CPR/AED certificate may participate in a review course.

## LIFEGUARDING AND SHALLOW WATER LIFEGUARDING REVIEW COURSE OUTLINE

The review course outline has been developed for a class of approximately 10 participants. If your class is larger, you will need to allow more time or have co-instructors or instructor aides help you. The amount of available equipment and assistance from additional instructors may limit class size. Specific instructor-to-participant ratios, equipment-to-participant ratios, as well as participant needs, such as breaks, may increase course length.

L—Lecture/Guided Discussion

A—Activity

V—Video

LSP—Land Skills Practice

WSP—Water Skills Practice

Lesson	Title	Method	Skills	Time
Precourse Session	Introduction to the Precourse Session	A		5 minutes
Precourse Session	Lifeguarding Course: Prerequisite Swimming Skills Evaluation	A	<ul style="list-style-type: none"> <li>■ Prerequisite 1—300-Yard Swim</li> <li>■ Prerequisite 2—Tread Water</li> <li>■ Prerequisite 3—Timed Event</li> </ul>	40 minutes
			<b>Shallow Water Lifeguarding course:</b>	
			<ul style="list-style-type: none"> <li>■ Prerequisite—100-Yard Swim</li> </ul>	
1	The Professional Lifeguard and Continuation of Training	L		5 minutes
1	Entries and Approaches <ul style="list-style-type: none"> <li>■ Skill Practice and Skill Drill</li> </ul>	WSP	<ul style="list-style-type: none"> <li>■ Slide-In Entry and Walking Approach</li> <li>■ Slide-In Entry and Swimming Approach</li> <li>■ Stride Jump and Swimming Approach</li> <li>■ Compact Jump and Swimming Approach</li> </ul>	15 minutes
			<b>Shallow Water Lifeguarding course:</b>	
			<ul style="list-style-type: none"> <li>■ Omit Stride Jump and Swimming Approach</li> </ul>	
2	The Drowning Process	L		5 minutes
2	Effective Surveillance—Scanning	V		5 minutes
2	Effective Surveillance—Scanning <ul style="list-style-type: none"> <li>■ Guided Discussion</li> </ul>	L		5 minutes
2	Effective Surveillance—Zones of Surveillance Responsibility <ul style="list-style-type: none"> <li>■ Guided Discussion</li> </ul>	L		5 minutes

2	Guarding a Variety of Activities ■ Lecture and Guided Discussion	L		5 minutes
3	Emergency Action Plans	L/V		10 minutes
3	Rescue Skills, Part 1: Rescues at or Near the Surface	V		10 minutes
3	Rescue Skills, Part 1: Rescues at or Near the Surface ■ Skill Practice and Skill Drill	WSP	<ul style="list-style-type: none"> <li>■ Reaching Assist from the Deck</li> <li>■ Simple Assist</li> <li>■ Active Victim Front Rescue</li> <li>■ Active Victim Rear Rescue</li> <li>■ Passive Victim Rear Rescue</li> <li>■ Multiple Victim Rescue</li> </ul>	30 minutes
			<p><b>Shallow Water Lifeguarding course:</b></p> <ul style="list-style-type: none"> <li>■ Reaching Assist from the Deck and Simple Assist</li> <li>■ Active Victim Front Rescue, Active Victim Rear Rescue and Multiple Victim Rescue in water up to 5 feet deep</li> <li>■ Passive Victim Rear Rescue (with victim at or near the surface)</li> </ul>	
4	Rescue Skills, Part 2: Submerged Victim Rescues	V		10 minutes
4	In-Water Skill Session: Rescue Skills, Part 2: Submerged Victim Rescues	WSP	<ul style="list-style-type: none"> <li>■ Submerged Passive Victim in Shallow Water</li> <li>■ Feet-First Surface Dive in Deep Water</li> <li>■ Head-First Surface Dive in Deep Water</li> <li>■ Submerged Victim in Deep Water</li> <li>■ Two-Person Removal from the Water Using a Backboard</li> </ul>	30 minutes
			<p><b>Shallow Water Lifeguarding course:</b></p> <ul style="list-style-type: none"> <li>■ Submerged Passive Victim in Shallow Water</li> <li>■ Two-Person Removal from the Water Using a Backboard</li> </ul>	
4	In-Water Skill Session: Putting It All Together ■ Skill Drill, Part 2	WSP	<ul style="list-style-type: none"> <li>■ Water Rescue <ul style="list-style-type: none"> <li>○ Submerged Passive Victim in Deep Water</li> <li>○ Two-Person Removal from the Water Using a Backboard</li> <li>○ Putting on Gloves with Wet Hands</li> </ul> </li> </ul>	30 minutes
			<p><b>Shallow Water Lifeguarding course:</b></p> <ul style="list-style-type: none"> <li>■ Water Rescue <ul style="list-style-type: none"> <li>○ Submerged Passive Victim in Shallow Water</li> <li>○ Two-Person Removal from the Water Using a Backboard</li> <li>○ Putting on Gloves with Wet Hands</li> </ul> </li> </ul>	

5	Standard Precautions	L/LSP	<ul style="list-style-type: none"> <li>■ Removing Disposable Gloves</li> </ul>	5 minutes
5	Performing a Primary Assessment—Adult	L/V/LSP	<ul style="list-style-type: none"> <li>■ Primary Assessment—Adult</li> <li>■ Modified H.A.IN.E.S.</li> </ul>	10 minutes
5	Performing a Primary Assessment—Child or Infant	L/V/LSP	<ul style="list-style-type: none"> <li>■ Primary Assessment—Child or Infant</li> <li>■ Modified H.A.IN.E.S.</li> </ul>	10 minutes
5	Giving Ventilations	V/LSP	<ul style="list-style-type: none"> <li>■ Giving Ventilations—Adult</li> <li>■ Giving Ventilations—Child or Infant</li> </ul>	15 minutes
5	Giving Ventilations Using a Bag-Valve-Mask Resuscitator	LSP	Giving Ventilations Using a Bag-Valve-Mask Resuscitator—Two Rescuers	10 minutes
5	Airway Obstruction	L/V/LSP	<ul style="list-style-type: none"> <li>■ Conscious Choking—Adult and Child</li> <li>■ Conscious Choking—Infant</li> <li>■ Unconscious Choking—Adult and Child</li> <li>■ Unconscious Choking—Infant</li> </ul>	20 minutes
5	In-Water Skill Session: Putting It All Together <ul style="list-style-type: none"> <li>■ Skill Drill</li> </ul>	A	<ul style="list-style-type: none"> <li>■ Water Rescue <ul style="list-style-type: none"> <li>○ Submerged Passive Victim in Deep Water</li> <li>○ Two-Person Removal from the Water Using a Backboard</li> <li>○ Putting on Gloves with Wet Hands</li> <li>○ Using a Bag-Valve-Mask Resuscitator—Two Rescuers</li> </ul> </li> </ul>	20 minutes
			<p><b>Shallow Water Lifeguarding course:</b></p> <ul style="list-style-type: none"> <li>■ Water Rescue <ul style="list-style-type: none"> <li>○ Submerged Passive Victim in Shallow Water</li> <li>○ Two-Person Removal from the Water Using a Backboard</li> <li>○ Putting on Gloves with Wet Hands</li> <li>○ Using a Bag-Valve-Mask Resuscitator—Two Rescuers</li> </ul> </li> </ul>	
6	CPR	L/V/LSP	<ul style="list-style-type: none"> <li>■ CPR—Adult and Child</li> <li>■ CPR—Infant</li> </ul>	20 minutes
6	Two-Rescuer CPR	L/V/LSP	<ul style="list-style-type: none"> <li>■ Two-Rescuer CPR—Adult and Child</li> <li>■ Two-Rescuer CPR—Infant</li> </ul>	10 minutes
6	When the Heart Stops and AEDs	L		5 minutes
6	Using an AED	V/LSP	Using an AED—Adult, Child or Infant	5 minutes

6	In-Water Skill Session: Putting It All Together <ul style="list-style-type: none"> <li>■ Skill Drill—Timed Response</li> <li>■ Skill Drill—Multiple-Rescuer Response</li> </ul>	A	<ul style="list-style-type: none"> <li>■ Water Rescue <ul style="list-style-type: none"> <li>○ Submerged Passive Victim in Deep Water</li> <li>○ Two-Person Removal from the Water Using a Backboard (2 minutes)</li> <li>○ Primary Assessment—Adult</li> <li>○ One-Person CPR (3 minutes)</li> </ul> </li> </ul>	30 minutes
			<b>Shallow Water Lifeguarding course:</b> <ul style="list-style-type: none"> <li>■ Water Rescue <ul style="list-style-type: none"> <li>○ Submerged Passive Victim in Shallow Water</li> <li>○ Two-Person Removal from the Water Using a Backboard (2 minutes)</li> <li>○ Primary Assessment—Adult</li> <li>○ One-Person CPR (3 minutes)</li> </ul> </li> </ul>	
7	Responding to Injuries	V		5 minutes
7	Responding to Injuries <ul style="list-style-type: none"> <li>■ Controlling Bleeding</li> </ul>	LSP	<ul style="list-style-type: none"> <li>■ Controlling External Bleeding</li> </ul>	15 minutes
7	Responding to Injuries <ul style="list-style-type: none"> <li>■ Injuries to Muscles, Bones and Joints</li> </ul>	LSP	<ul style="list-style-type: none"> <li>■ Splinting: Arm</li> <li>■ Splinting: Leg or Foot</li> </ul>	20 minutes
7	Putting It All Together—First Aid Scenarios	A		15 minutes
7	Caring for Head, Neck and Spinal Injuries on Land	L/V/LSP	<ul style="list-style-type: none"> <li>■ Standing Victim</li> <li>■ Nonstanding Victim</li> </ul>	20 minutes
7	When Things Do Not Go As Practiced	V		5 minutes
7	In-Water Skills Session—When Things Do Not Go as Practiced	WSP	<ul style="list-style-type: none"> <li>■ Front-Head Hold Escape</li> <li>■ Rear-Head Hold Escape</li> <li>■ In-Water Ventilations—Shallow Water</li> <li>■ In-Water Ventilations—Deep Water</li> </ul>	30 minutes
			<b>Shallow Water Lifeguarding course:</b> <ul style="list-style-type: none"> <li>■ Front-Head Hold Escape and Rear-Head Hold Escape in Shallow Water</li> <li>■ In-Water Ventilations—Shallow Water</li> </ul>	
8	Final Written Exam: Section 1—CPR/AED for the Professional Rescuer and First Aid	A		40 minutes
8	Caring for Head, Neck and Spinal Injuries in the Water <ul style="list-style-type: none"> <li>■ Team Spinal Backboarding</li> </ul>	L/V		5 minutes

8	In-Water Skills Session: Head, Neck and Spinal Injuries ■ Skills Practice—Shallow Water	WSP	<ul style="list-style-type: none"> <li>■ Head Splint—Face-Up Victim in Shallow Water</li> <li>■ Head Splint—Face-Down Victim in Shallow Water</li> <li>■ Head Splint—Submerged Victim in Shallow Water</li> <li>■ Spinal Backboarding Procedure in Shallow Water</li> </ul>	60 minutes
8	In-Water Skills Session: Head, Neck and Spinal Injuries ■ Skill Practice—Deep Water	WSP	<ul style="list-style-type: none"> <li>■ Head Splint—Face-Up Victim in Deep Water</li> <li>■ Head Splint—Face-Down Victim in Deep Water</li> <li>■ Head Splint—Submerged Victim in Deep Water</li> <li>■ Spinal Backboarding Procedure in Deep Water</li> </ul>	60 minutes
			<b>Shallow Water Lifeguarding course:</b> ■ Omit the Skill Practice in Deep Water	
9	Final Written Exam: Section 2—Lifeguarding Skills (or Section 2—Shallow Water Lifeguarding Skills)	A		30 minutes
9	Final In-Water Skill Scenarios	A	<ul style="list-style-type: none"> <li>■ Scenario 1: Head, Neck or Spinal Injury in Shallow Water</li> <li>■ Scenario 2: Active Victim in Deep Water</li> <li>■ Scenario 3: Submerged Passive Victim in Deep Water—Timed Response</li> </ul>	90 minutes
			<b>Shallow Water Lifeguarding course:</b> ■ In Scenarios 2 and 3, the lifeguard and victim are stationed in shallow water.	
<b>Lifeguarding Review Course Total Approximate Time:</b> <i>(without breaks)</i>				<b>12 hours, 50 minutes</b>
<b>Shallow Water Lifeguarding Review Course Total Approximate Time:</b> <i>(without breaks)</i>				<b>11 hours, 50 minutes</b>