
GUIDELINES FOR CONDUCTING WATERFRONT SKILLS REVIEW COURSE

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 Waterfront Skills certificate may participate in a review course.

WATERFRONT SKILLS REVIEW COURSE OUTLINE

The review course outline for the Waterfront Skills module 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

A—Activity

V—Video

WSP—Water Skills Practice

Title	Method	Skills	Time
Introduction to the Waterfront Skills Module	A		5 minutes
Verification of Certification Prerequisite	A		5 minutes
Waterfront Lifeguarding Course: Prerequisite Swimming Skills Evaluation	A	<ul style="list-style-type: none"> ■ Prerequisite 1—550-Yard Swim ■ Prerequisite 2—Tread Water ■ Prerequisite 3—Timed Event ■ Prerequisite 4—Underwater Swim 	40 minutes
Waterfront Rescue Skills	V		10 minutes
In-Water Skill Session	WSP	<ul style="list-style-type: none"> ■ Run-and-Swim Entry ■ Walking Assist ■ Beach Drag ■ Front-and-Back Carry ■ Head Splint—Face-Down in Extremely Shallow Water ■ Searching Shallow-Water Areas ■ Entering the Water While Wearing Mask and Fins ■ Feet-First Surface Dive with Mask and Fins ■ Head-First Surface Dive with Mask and Fins ■ Approaching a Victim on a Rescue Board ■ Rescuing an Active Victim with a Rescue Board in Deep Water ■ Rescuing a Passive Victim with a Rescue Board in Deep Water ■ Submerged Victim Rescue in Deep Water 	160 minutes
Putting It All Together <ul style="list-style-type: none"> ■ Skill Drill—Timed Response 	A	<ul style="list-style-type: none"> ■ Timed Response <ul style="list-style-type: none"> ○ Submerged Passive Victim in Shallow Water ○ Two-Person Removal from the Water Using a Backboard (2 minutes) ○ Primary Assessment—Adult ○ One-Person CPR (3 minutes) 	20 minutes
Final Written Exam: Waterfront Skills Module	A		25 minutes
Closing	L		5 minutes
Total Approximate Time: <i>(without breaks)</i>			4 hours, 30 minutes