

Purpose

The purpose of the Shallow Water Lifeguarding courses for facilities 5ft – 7ft is to provide entry-level shallow water lifeguard participants with the knowledge and skills needed to prevent, recognize and respond to aquatic emergencies in shallow water up to 7-feet deep and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services personnel take over. This program offers a choice of Shallow Water Lifeguarding/First Aid/CPR/AED courses to meet the various training needs of a diverse audience.

Prerequisites

Candidates must:

1. Be at least 15 years old on or before the final scheduled session of the course.
2. Complete the following swimming prerequisites:
 - For facilities that are up to 6 ft deep:
 - Swim 100 yards continuously demonstrating breath control and rhythmic breathing. You may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
 - Tread water for 2 minutes, using only the legs. Candidates should place their hands under the armpits.
 - Complete a timed event within 50 seconds:
 - Starting in the water, swim 20 yards using the front crawl or breaststroke. Your face may be in or out of the water. Swim goggles are not allowed.
 - Submerge to a depth of 4 to 5 feet to retrieve a 10-pound object. Return to the surface and walk or swim 20 yards to return to the starting point with both hands holding the object at the surface of the water.
 - Exit the water without using a ladder or steps.
 - For facilities that are up to 7 ft deep:
 - Swim 300 yards, continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
 - Tread water for 2 minutes, using only the legs. Candidates should place their hands under the armpits.
 - Complete a timed event within 1 minute, 40 seconds:
 - Starting in the water, swim 20 yards. Swim goggles are not allowed.
 - Surface dive, feet-first or headfirst, to a depth of 7 to 10 feet to retrieve a 10-pound object.
 - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath.
 - Exit the water without using a ladder or step.

Learning Objectives

Candidates must:

- Meet the age requirement.
- Demonstrate proficiency in all of the prerequisite skills.
- Describe the characteristics and responsibilities of a professional lifeguard.
- Explain how to fulfill the responsibilities of a professional lifeguard.
- Define certain legal considerations and apply them to situations that might be encountered in lifeguarding.
- Describe ongoing training for lifeguards.
- Describe what it means to work as part of a lifeguard and safety team.
- Describe the role lifeguards play in ensuring facility safety.
- Identify how to ensure the safety of patrons when weather conditions create safety concerns.
- Describe the role that facility management plays in facility safety.
- Describe the drowning process.
- Identify the behaviors of a swimmer, distressed swimmer, and an active and a passive victim.
- Identify and define elements of effective surveillance.
- Explain proper scanning techniques and identify
- Explain how communication with patrons plays a role in preventing injuries.
- Explain patron surveillance techniques for various activities.
- Explain patron surveillance techniques for facilities with special attractions.
- Explain and demonstrate lifeguard rotations.
- Demonstrate how to perform effective surveillance including scanning, victim recognition and lifeguard rotations.
- Explain various types of drills that test lifeguard zones, recognition and response.
- Explain patron surveillance techniques for organized groups.
- Explain the purpose and general procedures of an emergency action plan (EAP).
- Demonstrate how to safely and effectively assist a distressed swimmer, rescue an active and passive victim and rescue multiple victims.
- Demonstrate the ability to implement an EAP and perform a rescue.
- Demonstrate how to safely and effectively rescue a submerged victim in shallow or deep water.
- Demonstrate how to safely and effectively perform feet-first and head-first surface dives.
- Demonstrate how to safely and effectively extricate an unresponsive victim from the water using a backboard.
- Describe what standard precautions to take to prevent disease transmission when providing care.
- Demonstrate how to put on gloves in a wet environment.
- Describe what standard precautions to take to prevent disease transmission when providing care.
- Demonstrate proper removal of disposable gloves.
- Describe the general procedures for injury or sudden illness on land.
- Identify items of concern when performing a scene size-up and forming an initial impression.

- Demonstrate how to perform a primary assessment for adults, children and infants and place a victim in a recovery position.
- Identify victim conditions that indicate the need to summon emergency medical services (EMS) personnel.
- Understand how to safely and effectively move a victim on land.
- Demonstrate how to use a resuscitation mask.
- Recognize and care for a breathing emergency.
- Demonstrate how to safely and effectively give ventilations.
- Demonstrate how to safely and effectively use a bag-valve-mask (BVM) resuscitation with two rescuers.
- Demonstrate how to safely and effectively care for an obstructed airway for a responsive and an unresponsive victim.
- Demonstrate the ability to work as a team to implement an EAP, perform a rescue and perform emergency care.
- Identify the five links in the Adult and Pediatric Cardiac Chain of Survival and identify the importance of each.
- Recognize the signs of a heart attack.
- Identify the steps for caring for a victim of a heart attack.
- Identify signs and symptoms of cardiac arrest.
- Demonstrate how to safely and effectively perform one-rescuer CPR and two-rescuer CPR.
- Demonstrate how to use an automated external defibrillator (AED).
- Identify precautions for using an AED.
- Demonstrate how to perform a secondary assessment.
- Identify how to recognize and care for a victim of sudden illness, injuries and shock.
- Demonstrate how to control external bleeding.
- Identify how to recognize and care for a victim of poisoning, heat-related illnesses and cold-related emergencies.
- Demonstrate the ability to work as a team to implement an EAP, perform a secondary assessment and provide first aid care.
- Identify possible causes of head, neck or spinal injuries on land.
- Identify signs and symptoms of head, neck or spinal injuries.
- Demonstrate how to care for victims with head, neck or spinal injuries on land.
- Demonstrate how to perform front and rear head-hold escapes.
- Demonstrate how to give in-water ventilations.
- Demonstrate how to perform a quick extrication of a victim from the water.
- Demonstrate how to care for victims with head, neck and spinal injuries in shallow water only (Shallow Water Lifeguarding and Aquatic Attraction Lifeguarding).
- Demonstrate how to care for a victim with a head, neck or spinal injury in shallow water.
- Demonstrate how to rescue an active victim in shallow water.
- Demonstrate how to rescue a submerged passive victim in shallow water and provide care.

Length

26 hours, 25 minutes

Instructor

Currently certified Lifeguarding instructors or instructor trainers

Certification Requirements

- Attend the entire course and participate in all class sessions.
- Actively participate in all course activities, including assuming various roles during scenarios.
- Demonstrate competency in all required skills.
- Pass the final skills scenarios.
- Successfully pass final written exams with a minimum grade of 80%. If a participant fails to reach the minimum 80% on the final written exam, a retest is allowed using the other version of the exam, provided that the learner has passed the practical assessment.

Certificates Issued and Validity Period

The American Red Cross certificate for Shallow Water Lifeguarding (Water Less than or equal to 5ft – 7ft) is valid for 2 years.

Participant Products/Materials (available in digital and print formats)

- *American Red Cross Lifeguarding Manual*