

When returning to the starting point, the participant must hold the object with both hands, on their chest, and must keep his or her face out of the water. The participant can swim on their back using an elementary backstroke, flutter, or rotary kick. Time stops when the participant is out of the water, standing up on the deck.

Session Schedule/Topics

August 26-30 Syllabus review, Precourse Introduction, Precourse Skills Evaluation

Sep 2-6 The Professional Lifeguard and Facility Safety, Patron Surveillance, and Injury Prevention.

Sep 9-13 Injury Prevention and Rescue Skills Part 1

Sep 16-20 Rescue Skills, Part 2

Sep 23-27 Before Providing Care, Victim Assessment, and Breathing Emergencies

Sep 30-Oct 11 Fall Break- No School

Oct 14-18 Cardiac Emergencies, Two-Rescuer CPR, and AED

Oct 21-25 Two-Rescuer CPR and AED

Oct 28-Nov 1 First Aid

Nov 4-8 Injuries to Muscles, Bones and Joints and Caring for Head, Neck and Back Injuries, Part 1

Nov 11-15 Caring for Head, Neck and Back Injuries, Parts 1 and 2

Nov 18-27 Caring for Head, Neck and Back Injuries, Part 2

Dec 2-6 Review CPR/AED

Dec 9-18 Final Skills Scenarios and Final Written Exam

- Schedule subject to change due to holidays, AIMS, etc. Come to class each day prepared to swim. Participation in all activities is mandatory.