**Lifeguard Training**

Course Syllabus

**April 3rd- April 7th**

At Mount Rainier Pool:

22722 19th Ave S Des Moines, WA 98198

206-824-4722

**Prior to class:**

1. **Read ALL CHAPTERS and be ready to be tested prior.**
2. **Bring:**

**-Lifeguard book @ $32.00**

**-Combo Adult/Child Pocket Mask @ $14.00**

**(All available online @ Redcrossstore.com, Amazon.com, MCRMedical.com)**

**\*\*You can also view the book online for free at http://www.instructorscorner.org/**

-Swim gear/towel

-snacks, water

Attendance is **MANDATORY**. **There will be no make-ups offered**

Must pass all written tests with 80% or better and show excellence in all skills tests.

**Schedule:**

**Mon April 3rd Read: Chapters 1, 2, 3, and 4 before class**

**9am-4pm** **Prerequisites**: 300-yard swim, brick retrieval, treading water

Chapter 1: The Professional Lifeguard

Chapter 2: Facility Safety

Chapter 3: Surveillance and Recognition

Chapter 4: Injury Prevention

**Tues April 4th** **Read: Chapters 5 and 6 before class**

**9am-4pm** Chapter 5: Emergency Action Plans

Chapter 6: Water Rescue Skills

**Wed April 5th** **Read: Chapters 7, 8, and 9 before class**

**9am-4pm**  Chapter 7: Before providing care/Victim Assessment

Chapter 8: Breathing Emergencies

Chapter 9: Cardiac Emergencies

**Thurs April 6th** **Read: Chapters 10 and 11 before class**

**9am-4pm** Chapter 10: First Aid

Chapter 11: Caring for head, neck and spinal injuries

**Fri April 7th Study all chapters before class**

**9am-4pm TEST on CPR/AED**

**TEST, Written final: Lifeguarding Skills**

**Final Scenarios/ Rescue Skills Tests**