

Course: Waterfront Lifeguarding



Purpose

To teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies **both in a pool and at a waterfront environment**. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries.

Prerequisites

- Minimum age of 15.
- Swim 550 yards (about 500 meters) continuously.
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7–10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.
- Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4–7 feet of water, resurface and swim 5 yards to the side of the pool.

If you do not pass the prerequisite testing, a refund will be issued for the participant. A processing fee of \$10.00 will be deducted from the refund. Materials must be returned in new condition, unopened, otherwise additional deductions will be incurred.

Learning Objectives

- Understand the value of behaving in a professional manner.
- Learn how to identify behaviors of a swimmer, distressed swimmer and an active or passive drowning victim.
- Describe conditions that affect surveillance at a waterfront.
- Understand the components of an emergency action plan and how to activate it.
- Understand the general procedures for an emergency occurring in the water or on land.
- Demonstrate how to perform equipment-based rescues.
- Describe and demonstrate how to perform the skills used in special rescue situations, such as missing person procedures and cold-water rescue.
- Demonstrate how to perform water-specific rescue skills for a waterfront facility.
- Learn how to provide first aid and how to care for breathing and cardiac emergencies.
- Learn how to recognize and care for possible head, neck or back injuries.

Certification Requirements

- Attend all class sessions.
- Demonstrate competency in all required skills and activities.
- Demonstrate competency in the three final skill scenarios.
- Correctly answer at least 80 percent of the questions in the three sections of the final written exam.

Certificate Issued and Validity Period

- Lifeguarding/Waterfront/First Aid: 3 years
- CPR/AED for the Professional Rescuer: 1 year
- Emergency Oxygen Administration: 1 year

Course Dates:

Participant Materials Required (included in cost)

- American Red Cross Lifeguarding Manual
- CPR Pocket Mask

Course Cost

\$140.00, includes all materials and certifications

Course Location

Jamestown Boys & Girls Club
62 Allen St., Jamestown, NY

American Red Cross
325 E. 4th St., Jamestown, NY

June 7	9-6
June 9*	5:30-9:30
June 14	9-6
June 16*	5:30-9:30
June 21	9-6
June 28	9-4

*Class at Jamestown ARC office