

# 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

Waterfront Lifeguard and First Aid: 3 years

CPR/AED for the Professional Rescuer: 1 year

Emergency Oxygen Administration: 1 year

## Participant Materials Required (included in cost)

American Red Cross Lifeguard Manual

CPR Pocket Mask

Whistle and Lanyard

## Course Cost

\$140.00, includes all materials and certifications

## Course Location

Jamestown Boys & Girls Club

62 Allen Street

Jamestown, NY 14701

**Course Dates:**  
**October 11th 3-6p**  
**October 12th 9a-6p**  
**October 18th 3-6p**  
**October 25th 3-9p**  
**October 26th 9a-6p**