

PDP AQ 320 Lifeguard Training

Instructor: TBD

Email: swimming@bu.edu

Phone: (617) 358-SWIM

Meets on set schedule: 1.0 Credit

Course Description:

This American Red Cross certification class will prepare students to become certified lifeguards. Students must attend all sessions and pass the prerequisite swim test on the first day of class which now includes a treading water component (see details below for the prerequisite swim test). Participants must be at least 15 years old by the last day of class. Successful completion of all certification requirements will result in a two year certification in Lifeguard Training/First Aid/CPR/AED.

Prerequisites:

1. Swim 300 yards continuously demonstrating breadth 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. There is no time requirement.
2. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
3. Complete a timed event within 1 minute, 40 seconds. Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet to retrieve a 10-pound object, return to the surface, swim 20 yards on the back to return to the starting point with the object and exit the water without using a ladder or steps. Swim goggles are not allowed for this timed event.

Learning Outcomes:

Each participant should obtain the following objectives:

Physical Objectives

- Swim 300 yards continuously demonstrating breath control and rhythmic breathing
- Tread water for 5 minutes
- Tread water for 2 minutes using only the legs.
- 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
- Proficiency in all rescue strokes

Cognitive Objectives

- Overcome any fears of swimming in a certain depth of water
- Learn life saving skills
- Appreciate the importance of safety in and around aquatic environments
- Understand the importance of lifesaving equipment for people of all ages and swimming abilities
- Learn appropriate emergency response for multiple scenarios and incidents.

Safety/Sanitation Policies:

- Everyone **MUST** take a shower before entering the pool. If the instructor believes a participant did not rinse, they will be asked to revisit the shower.

- Swim suits are required for all swimmers. Swim caps are required for anyone with hair longer than a buzz cut. Suits, caps and goggles are for sale at the ProShop. Goggles can only be used during some of the course.
- No one should enter the water until the instructor is on duty and gives permission.
- **NO DIVING IN THE RECREATION POOL.**
- No chewing gum, food or glass allowed in pool area. Water must be in an enclosed non-breakable container.
- Please notify your instructor in case of an emergency.
- For a full list of pool rules, please visit: <http://www.bu.edu/fitrec/recreation/aquatics/>

Required Equipment:

Students should pick up a kick board and pull buoy from the bin on the pool deck.

Lockers:

Students may use a day locker in the hallway by the pool. Locks are available from the Pro Shop in the Fitness and Recreation Center or you may bring your own lock. Please be careful of personal belongings and keep them locked up even when taking a shower. Bags, shoes, clothes and other personal items are not allowed on the pool deck. Deck shoes like flip flops are allowed. Boston University and the Department of Physical Education, Recreation, and Dance are not responsible for lost or stolen items.

Grading Policy:

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 80% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you may receive an “I” until you have made up all missed classes with your instructors permission. Please make arrangements with your instructor to do so within the semester. Your grade will be changed to a “P” once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar's Office by the deadline.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances.

Attendance Policy & Make-Up Classes:

You are expected to attend every session scheduled in the semester. The class is graded Pass/No Pass, therefore all University policies apply for receiving credit. You are allowed up to 5 absences to receive University credit and a passing grade. **In order to earn your Red Cross Certification you must attend all class sessions.** We highly encourage you to not only attend every session, but to practice on your own. You will get the most out of the course if you attend class and practice on your own regularly. If you miss more than 5 classes, you may make them up by doing either of the following:

- Participate in Recreational Swim for 45 minutes (obtain a makeup form from the lifeguard office and please bring your BUID).
- Attend another section of AQ 301 Fitness Swim ***if space allows. Please confirm if you are able to attend a different section for a make-up by emailing swimming@bu.edu.
- No make ups to allow you to become certified as a lifeguard, you must attend all classes.

There is no participation requirement for non-credit or auditing students. However, it is to your benefit to attend all sessions. Missing many sessions will also make it difficult to catch up on skills and may slow your progress in the course.

For a detailed explanation of PDP credit class policies, please visit the FitRec’s website: <http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time fill these out – your feedback is very important to us!

Student Conduct:

Boston University’s codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities (www.bu.edu/dos/policies/student-responsibilities).

Course Outline: Subject to change based on pool availability and class time.

Day 1
Precourse
Age Verification & Intro to the Precourse
Lifeguarding Instructor Precourse Skills Session
Practice-Teaching Overview and Assignments
Manikin Care and Decontamination
Session 1 - Lifeguarding Introduction
Verification of Instructor Course Prerequisites
Introduction to the Instructor Course
The Lifeguard Program
Lifeguarding Program Materials
Science and Program Benchmarks
Get to Know the Lesson Plans
Concepts of Learning - MARS
Teaching Strategies
Lecture, Guided Discussion and Facilitation Skills
Conducting Skill Practice Sessions and Scenarios
Observing and Evaluating Skill Performance
Using Skill Assessment Tools
Conducting Skill Drills
Reciprocal Practice
Practice-Teaching Preparation

Preparation for Session 2
Day 2
Session 2 - Lecture and Skill Practice
Giving Feedback
Practice-Teaching Assignment 1
Multiple-Rescuer Response Scenarios
Assessing the Final Skills Scenarios
Lifeguard Recognition and Response Activities
Reciprocal Practice
Session 3 - Skill Practice
Practice-Teaching Reminders
Practice-Teaching Assignment 2
Practice-Teaching Assignment 3
Preparation for session 4
Day 3
Session 4 - Scenarios and Closing
Practice-Teaching 4
Conducting the Precourse Session
Administering Final Written Exams
Conducting Review Courses
Planning and Preparing to Teach
Adapting Your Classes
American Red Cross Learning Center
Reporting Teaching Activity
Course Completion Certificates
American Red Cross Awards
Instructor Support
Teaching Other Red Cross Courses
Instructor Exam
Closing