

# Common Course Outline

PEAQ 112

Lifeguard Training

2 Semester Hours:

## The Community College of Baltimore County

### Description

#### Lifeguard Training

Introduces progressive techniques and practices of advanced water safety, rescue, and resuscitation methods; emphasizes lifeguarding techniques and swimming pool operation.

Prerequisite: 500 yard continuous swim, surface dive and recover 10 pound brick, under water 15 yard swim and tread for two (2) minutes legs only and must be 15 years of age by the completion of the course.

### Overall Course Objectives

Upon completion of this course the student will be able to:

1. participants will become aware of the roles, characteristics and responsibilities of a professional lifeguard;
2. demonstrate surveillance techniques that a lifeguard needs to prevent aquatic injuries;
3. become familiar with the EMS system;
4. develop the techniques for caring for victims of respiratory and cardiac arrest;
5. demonstrate the seven steps in affecting a rescue;
6. be able to rescue a submerged victim and remove them from the water;
7. be familiar with how to recognize and care for victims of injuries and sudden illness;
8. recognize and become familiar with the causes and signs and symptoms of aquatic spinal injuries;
9. understand the responsibilities following an accident and procedures to cope with stress;
10. make appropriate decisions for care when given two accident scenarios.

### Major Topics

1. Entries into the water
2. Approaching a victim
3. Rescue techniques
4. Lifts from the water
5. Spinal injury management
6. First aid
7. CPR techniques

### Course Requirements

1. Final written exam
2. Skills scenario I
3. Skills scenario II

### Other Course Information

The Community College of Baltimore County is committed to providing a high-quality learning experience that results in a growth in knowledge, attitudes, and skills necessary to function successfully as a transfer student, in a career and as a citizen. To accomplish this goal, we maintain high academic standards and expect students to accept responsibility for their individual growth by attending class, completing all homework and other assignments, participating in class activities and preparing for tests.