

## Purpose

The purpose of the Aquatic Attraction Lifeguarding (Water ≤ 3') course is to provide entry-level aquatic attraction lifeguard participants with the knowledge and skills needed to prevent, recognize and respond to aquatic emergencies in water depths of 3 feet or less (typically at aquatic attractions such as winding rivers, water slides and water play areas) and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

## Prerequisites

Candidates must:

1. Be 15 years old on or before the final scheduled session of the course.
2. Complete the water competency sequence without stopping.
  - Step into water from the side and totally submerge.
  - Maintain position for one minute by treading water or floating (or a combination of the two).
  - Rotate one full turn and orient to the exit.
  - Level off and swim on the front or back 25 yards.
  - Exit without using a ladder or steps.
3. Complete a timed event within 50 seconds without stopping.
  - Starting in the water, walk or swim 20 yards.
  - Submerge to a depth of 3 feet to retrieve a 10 pound object.
  - Return to the surface and walk or swim 20 yards on the back to return to the starting point with both hands holding the object at the surface of the water.
  - Exit the water without using steps or a ladder.

## Learning Objectives

Candidates must:

- Meet the age requirement.
- Demonstrate proficiency in all of the prerequisite skills.
- Describe the characteristics and responsibilities of a professional lifeguard.
- Explain how to fulfill the responsibilities of a professional lifeguard.
- Define certain legal considerations and apply them to situations that might be encountered in lifeguarding.
- Describe ongoing training for lifeguards.
- Describe what it means to work as part of a lifeguard and safety team.
- Describe the role lifeguards play in ensuring facility safety.
- Identify how to ensure the safety of patrons when weather conditions create safety concerns.
- Describe the role that facility management plays in facility safety.
- Describe the drowning process.
- Identify the behaviors of a swimmer, distressed swimmer, and an active and a passive victim.
- Identify and define elements of effective surveillance.

- Explain proper scanning techniques and identify tactics to overcome scanning challenges.
- Identify various types of zones of surveillance.
- Explain how communication with patrons plays a role in preventing injuries.
- Explain patron surveillance techniques for various activities.
- Explain patron surveillance techniques for facilities with special attractions.
- Explain specific responsibilities lifeguards may have in a waterpark setting related to injury prevention.
- Explain and demonstrate lifeguard rotations.
- Demonstrate how to perform effective surveillance including scanning, victim recognition and lifeguard rotations.
- Explain various types of drills that test lifeguard zones, recognition and response.
- Explain patron surveillance techniques for organized groups.
- Explain the purpose and general procedures of an emergency action plan (EAP).
- Demonstrate how to safely and effectively assist a distressed swimmer, rescue an active and passive victim and rescue multiple victims.
- Demonstrate the ability to implement an EAP and perform a rescue.
- Demonstrate how to safely and effectively rescue a submerged victim in shallow or deep water.
- Demonstrate how to safely and effectively perform feet-first and head-first surface dives.
- Demonstrate how to safely and effectively extricate an unresponsive victim from the water using a backboard.
- Describe what standard precautions to take to prevent disease transmission when providing care.
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- Demonstrate proper removal of disposable gloves.
- Describe the general procedures for injury or sudden illness on land.
- Identify items of concern when performing a scene size-up and forming an initial impression.
- Demonstrate how to perform a primary assessment for adults, children and infants and place a victim in a recovery position.
- Identify victim conditions that indicate the need to summon emergency medical services (EMS) personnel.
- Understand how to safely and effectively move a victim on land.
- Demonstrate how to use a resuscitation mask.
- Recognize and care for a breathing emergency.
- Demonstrate how to safely and effectively give ventilations.
- Demonstrate how to safely and effectively use a bag-valve-mask (BVM) resuscitation with two rescuers.
- Demonstrate how to safely and effectively care for an obstructed airway for a responsive and an unresponsive victim.
- Demonstrate the ability to work as a team to implement an EAP, perform a rescue and perform emergency care.

- Identify the five links in the Adult and Pediatric Cardiac Chain of Survival and identify the importance of each.
- Recognize the signs of a heart attack.
- Identify the steps for caring for a victim of a heart attack.
- Identify signs and symptoms of cardiac arrest.
- Demonstrate how to safely and effectively perform one-rescuer CPR and two-rescuer CPR.
- Demonstrate how to use an automated external defibrillator (AED).
- Identify precautions for using an AED.
- Demonstrate how to perform a secondary assessment.
- Identify how to recognize and care for a victim of sudden illness, injuries and shock.
- Demonstrate how to control external bleeding.
- Identify how to recognize and care for a victim of poisoning, heat-related illnesses and cold-related emergencies.
- Demonstrate the ability to work as a team to implement an EAP, perform a secondary assessment and provide first aid care.
- Identify possible causes of head, neck or spinal injuries on land.
- Identify signs and symptoms of head, neck or spinal injuries.
- Demonstrate how to perform front and rear head-hold escapes.
- Demonstrate how to give in-water ventilations.
- Demonstrate how to perform a quick extrication of a victim from the water.
- Demonstrate how to care for victims with head, neck and spinal injuries in water depths of 3 feet or less.
- Demonstrate how to assist with extrication using a backboard from water deeper than 3 feet.
- Demonstrate how to safely and effectively rescue a passive victim at or near the surface.
- Demonstrate how to safely and effectively rescue a submerged passive victim.

## Length

26 hours

## Instructor

Currently certified Lifeguarding instructors or instructor trainers.

## Certification Requirements

Candidates must:

- Attend the entire course and participate in all class sessions.
- Actively participate in all course activities, including assuming various roles during scenarios.
- Demonstrate competency in all required skills.
- Pass the final skills scenarios.
- Successfully pass final written exams with a minimum grade of 80%. If a participant fails to reach the minimum 80% on the final written exam, a retest is allowed using the other version of the exam, provided that the participant has passed the practical assessment.



## Certificate Issued and Validity Period

- The American Red Cross certificate Lifeguarding/First Aid/CPR/AED (Water Less Than or Equal to 3') is valid for 2 years.

## Participant Materials

*American Red Cross Lifeguarding Manual*