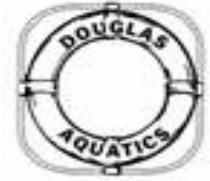


DOUGLAS AQUATICS



American Red Cross Lifeguard Training

December 3, - December 16, 2007

Instructors: Susan Edmonds

Phone #: (757) 723-2000 or (757) 342-6925

Syllabus

Monday **3-Dec** **5:00-7:00pm**
 Hampton YMCA
 ▶ Conditioning (Swimming Skills)
 ▶ Practice using Rescue Tube
Reading Assignment: ARC Ch. 1&2

Tuesday **4-Dec** **6:00pm-7:30pm**
 Hampton YMCA
 ▶ Prerequisite Swimming Skills Test
 ▶ Introduction to the Course
 7:30-9:00pm
 ▶ The Professional Lifeguard
 ▶ Injury Prevention & Facility Safety
Reading Assignment: ARC Ch. 3&4

Friday **7-Dec** **5:00-7:00PM**
 Hampton YMCA
 ▶ Entries and Approaches
 7:00-9:00PM
 ▶ Patron Surveillance
 ▶ Emergency Preparation
Reading Assignment: ARC Ch. 5

Saturday **8-Dec** **10:30am-3:30pm**
 Hampton YMCA
 ▶ Rescue Skills
 3:30pm-5:00pm
 ▶ Emergency Action Plans
Reading Assignment: ARC Ch. 5&6

Sunday **9-Dec** **1:15-2:30pm**
 Hampton YMCA
 ▶ Before Providing Care
 2:30-5:00pm
 ▶ Rescue Skills
Reading Assignment: ARC Ch. 7

Monday **10-Dec** **5:00pm-9:00pm**
 Sarah Bonwell Hudgins Foundation, Hampton
 ▶ Breathing & Cardiac Emergencies
Reading Assignment: ARC Ch. 8

Tuesday **11-Dec** **5:00pm-9:00pm**
 Sarah Bonwell Hudgins Foundation, Hampton
 ▶ Two-Rescuer CPR and AED
 ▶ First Aid
Reading Assignment: ARC Ch.9

Thursday **13-Dec** **5:00pm-9:00pm**
 Sarah Bonwell Hudgins Foundation, Hampton
 ▶ First Aid
Reading Assignment: Review ARC Ch. 10 &11

Friday **14-Dec** **5:00-6:00pm**
 Hampton YMCA
 ▶ Caring for Head, Neck, & Back Injuries
 6:00-9:00pm
 ▶ Caring for Head, Neck, & Back Injuries
Reading Assignment: Review ARC Ch.1-10

Sunday **16-Dec** **1:00pm-3:30pm**
 Hampton YMCA
 ▶ Final Skill Scenarios
 3:30pm-5:00pm
 ▶ Written Test

*** ALL CLASSES MUST BE ATTENDED IN FULL.**

*** You may NOT leave early or arrive late.**

*** Students missing class time or creating a disturbance will be dropped from the course.**

*** NO goggles (during skill work), watches, chewing gum or jewelry allowed in the pool.**

*** All Classes will be held at Sarah Bonwell Hudgins Foundation or Hampton YMCA.**

*** Each participant must bring their ARC Lifeguard Manual, study guide, pen or pencil, bathing suit, & towel to each class session.**