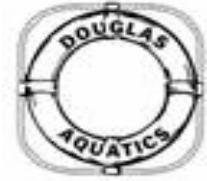


DOUGLAS AQUATICS



American Red Cross Lifeguard Training

November 5 - November 18, 2007

Instructors: Susan Edmonds

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

Syllabus

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

Tuesday 6-Nov 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

Thursday 8-Nov 5:00-7:00PM
Hampton YMCA
▶ Entries and Approaches
7:00-9:00PM
▶ Patron Surveillance
▶ Emergency Preparation
Reading Assignment: ARC Ch. 5

Friday 9-Nov 5pm-7:30pm
Hampton YMCA
▶ Rescue Skills
7:30pm-9:00pm
▶ Emergency Action Plans
Reading Assignment: ARC Ch. 5&6

Sunday 11-Nov 1:15-2:30pm
Hampton YMCA
▶ Before Providing Care
2:30-5:00pm
▶ Rescue Skills
Reading Assignment: ARC Ch. 7

Monday 12-Nov 5:00pm-9:00pm
Sarah Bonwell Hudgins Foundation, Hampton
▶ Breathing & Cardiac Emergencies
Reading Assignment: ARC Ch. 8

Tuesday 13-Nov 5:00pm-9:00pm
Sarah Bonwell Hudgins Foundation, Hampton
▶ Two-Rescuer CPR and AED
▶ First Aid
Reading Assignment: ARC Ch.9

Thursday 15-Nov 5:00pm-9:00pm
Sarah Bonwell Hudgins Foundation, Hampton
▶ First Aid
Reading Assignment: Review ARC Ch. 10 &11

Friday 16-Nov 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 18-Nov 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.**