

# KIN 141: LIFEGUARD TRAINING

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2025
Credits:	1
Total Contact Hours:	36
Lecture Hours :	18
Lab Hours:	18
Hours Arranged:	0
Outside of Class Hours:	36
Total Student Learning Hours:	72
Strongly Recommended:	Successful completion of pretest assessment of swimming strokes; ENGL C1000.
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

## Catalog Course Description

This course is designed to develop and perfect the basic swimming strokes needed to successfully execute the various water safety & lifeguarding skills needed to prevent, recognize, and respond to aquatic emergencies. Upon completion of the course a student who successfully passes written and practical exams will be eligible to be certified for an American Red Cross Lifesaving and the American Red Cross CPR for the professional Rescuer Cards. If a student wishes to receive a certification card they must pay the required Red Cross fee. 18 lecture hours, 18 lab hours.

## Course Objectives

- apply the fundamental skills and acquired proficiency to assisting or rescuing a person in danger of drowning
- demonstrate a positive attitude toward safety in and out of the water
- apply lifesaving skills and training to execute a rescue with minimum personal danger
- apply proper first aid to victims with medical emergencies

## Major Course Content

- The Professional Lifeguard
  - Introduction to lifeguarding
  - Characteristics of a professional lifeguard
  - Responsibilities of a professional lifeguard
  - The safety team
  - Prevention of aquatic injuries
- Preventing Aquatic Injury
  - Patron surveillance
  - Facility surveillance
  - Basic responsibilities of a lifeguard in an emergency
  - Emergency action plans
  - Contacting EMS
  - Victim recognition
    - distressed swimmer
    - active drowning victim
    - passive drowning victim
    - surveillance
- CPR for the Professional Rescuer Part I
  - The professional rescuer
  - Legal considerations
  - Human body systems
  - Disease transmission
  - Emergency action principles
  - Recognizing breathing emergencies
  - Rescue breathing (adult, child, infant)
  - Airway Obstruction (adult, child, infant)
    - Resuscitation mask
    - Bag-Valve-Mask Resuscitator (BVM)
  - Recognizing a heart attack
    - Cardiac arrest
  - CPR (adult, child, infant)
    - Two-rescuer CPR
- Rescue Skills
  - General rescue procedures
  - Use of the rescue tube
  - Rescue skills
    - entries
    - approaches
    - extension assist from the deck
    - swimming extension rescue
    - active victim rear rescue
    - multiple-victim rescue
    - passive victim rear rescue
    - feet-first surface dive
    - submerged victim rescue
    - removal from the water
- First Aid
  - Injuries
  - Caring for wounds
  - Controlling bleeding
  - Shock
  - Burns
  - Musculoskeletal injuries (fractures, dislocations, sprains, strains)
  - Sudden illness
  - Caring for children
    - Caring for the elderly
- Spinal Injury Management
  - Anatomy and function of the spine
  - Recognizing spinal injury
  - In-line stabilization techniques (shallow and deep water)
  - Using a backboard (shallow and deep water)
- After an Emergency
  - Responsibilities related to the facility
  - Responsibility to yourself
- Written Exam and Final Skills Tests Scenario

## Lab Content

1. Review and Practice of Rescue Skills
  - a. Stride jump
  - b. Compact jump
  - c. Active drowning victim rear rescue
  - d. Multiple-victim rescue
  - e. Passive drowning victim rear rescue
  - f. Submerged victim rescue
  - g. Front head-hold escape
  - h. Rear head-hold escape
  - i. Removal from water
2. Review and Practice of Caring for Head, Neck and Back Injuries
  - a. Head splint technique on a face-down victim
  - b. Head splint technique on a face-up victim
  - c. Head and chin support for a face-down victim
  - d. Head and chin support for a face-up victim
  - e. Using a backboard – shallow water
3. Review and Practice of CPR and First Aid Skills
  - a. Rescue breathing (adult, child, infant)
  - b. Conscious choking (adult, child)
  - c. Unconscious choking (adult, child, infant)
  - d. CPR – adult, child, infant
  - e. Two-rescuer CPR – adult, child, infant
  - f. Two-rescuer CPR – adult
  - g. Using a bag-valve-mask resuscitator – two rescuers

## Suggested Reading Other Than Required Textbook

Instructor Handouts

### Examples of Required Writing Assignments

Survey an aquatics facility and document safety standards and procedures that are in place. Write a paper on the strengths and weaknesses observed in day to day operations at this facility.

### Examples of Outside Assignments

Observe a professional lifeguard at work.

### Instruction Type(s)

Lab, Lecture