

# **Common Course Outline**

## **PEAQ 112**

### **Lifeguard Training**

**2 Credits**

## **Community College of Baltimore County**

### **Description**

**PEAQ 112 – Lifeguard Training** provides entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services arrive and take over.

**2 credits**

**Prerequisites:** Permission of Physical Education Program coordinator

### **Overall Course Objectives**

Upon completion of this course students will be able to

1. recognize the roles and responsibilities of a professional lifeguard;
2. demonstrate surveillance techniques;
3. identify the behaviors of a swimmer, distressed swimmer, and an active and passive victim;
4. demonstrate the care for victims of cardiac and respiratory arrest;
5. demonstrate standard precautions;
6. demonstrate the steps of a rescue;
7. demonstrate how to safely and effectively extricate a passive victim from the water using a backboard;
8. recognize and respond to aquatic head, neck and spinal injuries;
9. recognize and care for victims of sudden illness;
10. understand the responsibilities and procedures surrounding an accident; and
11. demonstrate the ability to work as a member of a lifeguard team.

### **Major Topics**

- I. Professional lifeguard and patron safety
- II. Facility safety, surveillance, and injury prevention
- III. Rescue skills
- IV. Breathing emergencies
- V. Cardiac emergencies
- VI. First aid
- VII. Head, neck, and spinal injuries

## **Course Requirements**

Grading procedures will be determined by the individual faculty member but will include the following:

### **Grading/exams**

- A minimum of two written exams
- A minimum of two skills scenarios

### **Other Course Information**

Candidates must be at least 15 years old before the end of the course. Awarding Red Cross certification is at the discretion of the instructor. Students will be graded on two American Red Cross exams as well as the ability to perform two rescues.