

PEAQ 112

Lifeguard Training

2 Credits

Community College of Baltimore County
Common Course Outline

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 professional-level care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services personnel take over.

Pre-requisites: PEAQ 101 or PEAQ 126 or permission of the program coordinator

Overall Course Objectives

Upon completion of this course, students will be able to:

1. identify the roles and responsibilities of a professional lifeguard;
2. demonstrate surveillance techniques;
3. identify the behaviors of a swimmer, a distressed swimmer, an active victim, and passive victim;
4. demonstrate the care for victims of cardiac and respiratory arrest;
5. employ standard precautions;
6. execute a variety of aquatic rescues including the rescue of a submerged passive victim in deep water;
7. identify signs and symptoms of head, neck, or spinal injuries;
8. demonstrate appropriate care for victims of sudden illness;
9. implement the correct procedure for victims of sudden injury; and
10. demonstrate the ability to work as a member of a lifeguard team.

Major Topics

- I. Professional lifeguarding and facility safety
- II. Surveillance and victim recognition
- III. Rescue skills
- IV. Victim assessment
- V. Breathing emergencies
- VI. Cardiac emergencies
 - a. Cardiopulmonary Resuscitation (CPR)
 - b. Automated External Defibrillator (AED)
- VII. First aid
- VIII. Head, neck, and spinal injuries

Course Requirements

The Common Course Outline (CCO) determines the essential nature of each course.
For more information, see your professor's syllabus.

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- two rescue skill scenarios
- two written exams

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

Other Course Information

Candidates must be at least 15 years old before the end of the course. This course is taught in conformance with the guidelines of the American Red Cross. Awarding the Red Cross certification is at the discretion of the instructor.

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