



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIFEGUARD TRAINING

Course Syllabus

Welcome to the American Red Cross Lifeguard Training Course!

To ensure your success in this course, please note the following requirements:

- **Pre-Class Assignments:** You must complete all assigned readings and online modules prior to the session assigned in this syllabus.
- **Proof of Completion:** Bring proof of online module completion to each class. This is required for admittance.
- **Incomplete Work Policy:** Participants who fail to complete the required assignments will not be permitted to attend or continue in the course.

Thank you for preparing in advance—we're looking forward to helping you achieve your certification!

Class Session	Classroom Topics Covered	Assignments/ Readings Due	Approximate Online Time Needed* (Does not include readings)
1	<ul style="list-style-type: none"> • Lesson 1: The Professional Lifeguard & Setting the stage for Safety • Lesson 2: Surveillance and Preventative Lifeguarding • Lesson 3: Responding to Emergencies and Rescue Skills - Part 1 • Lesson 4: Rescue Skills - Part 2 	<ul style="list-style-type: none"> • Online Lessons 1-10 • Textbook Chapters 1-6 	2 Hours, 45 Minutes
2	<ul style="list-style-type: none"> • Lesson 4: Rescue Skills - Part 2 • Lesson 5: Lowering the Risk for Infection, Rapid Assessment and Ventilations • Lesson 6: CPR, AED & Obstructed Airway Care 	<ul style="list-style-type: none"> • Online Lessons 11-14 • Textbook Chapters 7-9 	1 Hour, 50 Minutes
3	<ul style="list-style-type: none"> • Lesson 6: CPR, AED & Obstructed Airway Care • Lesson 7: First Aid for Sudden Illnesses and Injuries • Lesson 8: Head, Neck and Spinal Injuries 	<ul style="list-style-type: none"> • Online Lessons 11-14 • Textbook Chapters 7-9 	1 Hour, 30 Minutes
4	<ul style="list-style-type: none"> • Lesson 8: Head, Neck and Spinal Injuries • Lesson 9: Course Conclusion 	<ul style="list-style-type: none"> • No Online Lessons • Review for Exam 	N/A

*Online classwork times are approximate and will vary by participant based on internet speed and participant individual needs.

