

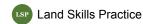
LIFEGUARDING **Blended Learning Interim Virtual Skills Training Outline**

The American Red Cross is providing this guidance sheet for instructors to modify their Lifeguarding program during the COVID-19 pandemic so they can conduct lectures, activities, guided discussions and CPR/AED and First Aid skill practices and evaluations via a virtual web conference. Any components involving water skills must be conducted in person when allowed by state and local authorities.







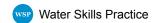


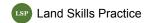
Precourse Session

TOPIC	METHOD	DELIVERY	TIME
Introduction to the Precourse Session	A	Virtual	10 minutes
Verification of Age Prerequisite	A	Virtual	5 minutes
Prerequisite Swimming Skills Evaluation	A	In Person	40 minutes
Wrap-Up	L A	In Person	5 minutes
Total Lesson Time			Virtual Session Time: 15 minutes
			In Person Session Time: 45 minutes







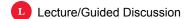


Lesson 1: The Professional Lifeguard

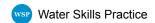
TOPIC	METHOD	DELIVERY	TIME
Introduction to the Course	0	Virtual	5 minutes
Being Part of a Team	D	Skip	0 minutes
Total Lesson Time			Virtual Session Time: 5 minutes
			In Person Session Time: 0 minutes

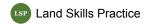
Lesson 2: Facility Safety and Patron Surveillance

TOPIC	METHOD	DELIVERY	TIME
Facility Safety and the Drowning Process	L	Virtual	5 minutes
In-Water Skill Session: Entries and Approaches	WSP A	In Person Assign reading and end of chapter review questions to help students prepare for next lesson.	40 minutes
Total Lesson Time			Virtual Session Time: 5 minutes
			In Person Session Time: 40 minutes



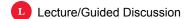




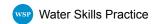


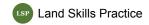
Lesson 3: Injury Prevention

TOPIC	METHOD	DELIVERY	TIME
Injury Prevention	L	Virtual	5 minutes
In-Water Skill Session: Victim Recognition and Rotations	WSP	In Person	35 minutes
Putting It All Together	WSP A	In Person Assign reading and end of chapter review questions to help students prepare for next lesson.	35 minutes
Total Lesson Time			Virtual Session Time: 5 minutes In Person Session Time: 1 hour, 10 minutes







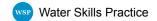


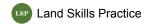
Lesson 4: Water Rescue Skills

TOPIC	METHOD	DELIVERY	TIME
In-Water Skill Session: Rescue Skills, Part 1	WSP	In Person	1 hour, 25 minutes
Putting It All Together— EAP Activity	WSP	In Person	35 minutes
In-Water Skill Session: Rescue Skills, Part 2	WSP	In Person	1 hour, 10 minutes
Putting It All Together— Skill Drills	wsp A	In Person Assign reading and end of chapter review questions to help students prepare for next lesson.	1 hour
Total Lesson Time			Virtual Session Time: 0 minutes In Person Session Time: 4 hours, 10 minutes









Lesson 5: Before Providing Care, Victim Assessment and Breathing Emergencies

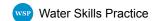
TOPIC	METHOD	DELIVERY	TIME
Standard Precautions	L LSP	Virtual For "Removing Disposable Gloves" skill practice, follow the One-Rescuer Skill Practice and Evaluation course modifications.	5 minutes*
General Procedures for an Emergency on Land	L	Virtual	5 minutes
Performing a Primary Assessment	L LSP	Virtual For "Primary Assessment—Adult and Child" skill practice, follow the Two-Rescuer Skill Practice and Evaluation course modifications. For "Using a Resuscitation Mask" and "Primary Assessment Infant" skill practices, follow the One-Rescuer Skill Practice and Evaluation course modifications.	35 minutes*
Moving a Victim	I.	Virtual	5 minutes
Recognizing and Caring for Breathing Emergencies	L	Virtual	5 minutes
Giving Ventilations	L LSP	Virtual For "Giving Ventilations—Adult and Child" and "Giving Ventilations—Infant" skill practices: • Do not show video. • Follow the One-Rescuer Skill Practice and Evaluation course modifications.	15 minutes*

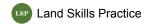
TOPIC	METHOD	DELIVERY	TIME
Giving Ventilations Using a Bag-Valve- Mask Resuscitator	ISP A	Virtual For "Giving Ventilations Using a BVM—Two Rescuers" skill practice: • Do not show video. • Follow the One-Rescuer Skill Practice and Evaluation course modifications.	15 minutes*
Airway Obstruction	L ISP A	Virtual For "Conscious Choking—Adult and Child" and "Conscious Choking—Infant" skill practices: • Do not show video. • Follow the One-Rescuer Skill Practice and Evaluation course modifications. Assign reading and end of chapter review questions to help students prepare for next lesson.	15 minutes*
Total Lesson Time			Virtual Session Time: 1 hour, 40 minutes In Person Session Time: 0 hours

^{*}The suggested times for land skill practices are based on a 1:1 instructor-to-student ratio. Additional time may be needed to evaluate more than one student or team during the virtual web conference.









Lesson 6: Cardiac Emergencies and Using an Automated External Defibrillator

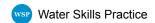
TOPIC	METHOD	DELIVERY	TIME
Cardiac Arrest	D	Virtual	5 minutes
CPR	L LSP	Virtual For "CPR—Adult and Child" and "CPR—Infant" skill practices: • Do not show video. • Follow the One-Rescuer Skill Practice and Evaluation course modifications.	40 minutes*
Two-Rescuer CPR	L LSP	Virtual For "Two-Rescuer CPR—Adult and Child" and "Two-Rescuer CPR— Infant" skill practices: • Do not show video. • Follow Two-Rescuer and Skill Practice and Evaluation course modifications.	15 minutes*
When the Heart Stops and AEDs	L	Virtual	5 minutes
Using an AED	L LSP	Virtual For "Using an AED," skill practice follow One-Rescuer Skill Practice and Evaluation course modifications.	10 minutes*
CPR with Airway Obstruction	L LSP	Virtual For "CPR with Airway Obstruction" skill practice, follow One-Rescuer Skill Practice and Evaluation course modifications.	10 minutes*

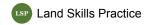
TOPIC	METHOD	DELIVERY	TIME
In-Water Skill Session: Putting It All Together	LSP WSP	In Person	45 minutes
Putting it All Together: Multiple-Rescuer Response	LSP A	 In Person Do not show video. Assign reading and end of chapter review questions to help students prepare for next lesson. 	1 hour, 5 minutes
Total Lesson Time			Virtual Session Time: 1 hour, 20 minutes In Person Session Time: 1 hour, 50 minutes

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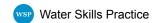
Lesson 7: First Aid

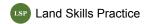
TOPIC	METHOD	DELIVERY	TIME
Secondary Assessment	L	Virtual	5 minutes
Responding to Injuries	I. Isp	Virtual For "Controlling Bleeding" skill practice, follow One-Rescuer Skill Practice and Evaluation course modifications. For the "Common Injuries" activity, conduct a guided discussion.	25 minutes*
Putting It All Together— First Aid Scenarios	D	Virtual For "First Aid Scenarios" activity, conduct a guided discussion.	20 minutes
In-Water Skill Session—When Things Do Not Go as Practiced	WSP	In Person Do not show video.	30 minutes
In-Water Skill Session—Rescue Skills Review	WSP LSP A	In Person Assign reading and end of chapter review questions to help students prepare for next lesson.	45 minutes
Total Lesson Time			Virtual Session Time: 50 minutes In Person Session Time: 1 hour, 15 minutes

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Lesson 8: Head, Neck and Spinal Injuries in the Water

TOPIC	METHOD	DELIVERY	TIME
Caring for Head, Neck and Spinal Injuries in the Water	D	Virtual	5 minutes
In-Water Skill Session: Head, Neck and Spinal Injuries	WSP A	In Person Assign reading and review questions to help students prepare for the Final Written Exam—Section 2.	2 hours, 20 minutes
Total Lesson Time			Virtual Session Time: 5 minutes
			In Person Session Time: 2 hours, 20 minutes

Lesson 9: Final Written Exam and Final In-Water Skill Scenarios

TOPIC	METHOD	DELIVERY	TIME
Final Written Exam: Section 2— Lifeguarding Skills	A	Virtual	30 minutes
In-Water Skill Session: General Skills Review (optional)	A	In Person	(30 minutes)
Final In-Water Skill Scenarios	A	In Person	2 hours, 30 minutes
Closing	A	In Person	5 minutes
Total Lesson Time			Virtual Session Time: 30 minutes In Person Session Time: 2 hours, 35 minutes

Total Course Time

19 hours, 55 minutes