



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.

L Lecture/Guided Discussion

A Activity

WSP Water Skills Practice

LSP Land Skills Practice

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: <i>15 minutes</i> In Person Session Time: <i>45 minutes</i>

Lesson 1: The Professional Lifeguard

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

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: <i>5 minutes</i> In Person Session Time: <i>40 minutes</i>

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: <i>5 minutes</i> In Person Session Time: <i>1 hour, 10 minutes</i>

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: <i>0 minutes</i> In Person Session Time: <i>4 hours, 10 minutes</i>

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	L	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: <ul style="list-style-type: none"> • 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	 	<p>Virtual</p> <p>For “Giving Ventilations Using a BVM—Two Rescuers” skill practice:</p> <ul style="list-style-type: none"> • Do not show video. • Follow the One-Rescuer Skill Practice and Evaluation course modifications. 	15 minutes*
Airway Obstruction	  	<p>Virtual</p> <p>For “Conscious Choking—Adult and Child” and “Conscious Choking—Infant” skill practices:</p> <ul style="list-style-type: none"> • Do not show video. • Follow the One-Rescuer Skill Practice and Evaluation course modifications. <p>Assign reading and end of chapter review questions to help students prepare for next lesson.</p>	15 minutes*
Total Lesson Time			<p>Virtual Session Time: <i>1 hour, 40 minutes</i></p> <p>In Person Session Time: <i>0 hours</i></p>

*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	L	Virtual	5 minutes
CPR	L LSP	Virtual For “CPR—Adult and Child” and “CPR—Infant” skill practices: <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • 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	 	In Person	45 minutes
Putting it All Together: Multiple-Rescuer Response	 	In Person <ul style="list-style-type: none"> • 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: <i>1 hour, 20 minutes</i> In Person Session Time: <i>1 hour, 50 minutes</i>

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Lesson 7: First Aid

TOPIC	METHOD	DELIVERY	TIME
Secondary Assessment	L	Virtual	5 minutes
Responding to Injuries	L LSP	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	L	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: <i>50 minutes</i> In Person Session Time: <i>1 hour, 15 minutes</i>

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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	L	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: <i>5 minutes</i> In Person Session Time: <i>2 hours, 20 minutes</i>

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: <i>30 minutes</i> In Person Session Time: <i>2 hours, 35 minutes</i>

Total Course Time

19 hours, 55 minutes