



**American  
Red Cross**

## LIFEGUARDING

# Instructor-Led 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
**V** Video
**WSP** Water Skills Practice
**LSP** Land Skills Practice

## Precourse Session

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




## Lesson 1: The Professional Lifeguard and Facility Safety

TOPIC	METHOD	DELIVERY	TIME
Introduction to the Course	<b>L</b>	Virtual	15 minutes
The Professional Lifeguard	<b>L</b> <b>V</b>	Virtual	15 minutes
Decision-Making	<b>L</b>	Virtual	5 minutes
Legal Considerations	<b>L</b>	Virtual	10 minutes
Continuation of Training	<b>L</b>	Virtual	10 minutes
Being Part of a Team	<b>L</b>	Virtual For the “Team Building” activity: <ul style="list-style-type: none"> <li>• Skip the “Superlatives” and “Human Knot” activities.</li> <li>• Start with the guided discussion bullet point: “The lifeguard team must communicate and work together effectively when responding to emergencies.”</li> </ul>	15 minutes
Facility Safety	<b>L</b> <b>V</b>	Virtual For “Facility Safety” activity, conduct an instructor demonstration as needed.	20 minutes
Weather Conditions	<b>L</b>	Virtual	5 minutes

TOPIC	METHOD	DELIVERY	TIME
Rules and Regulations		Virtual For the “Reasons for the Rules” activity, conduct a guided discussion.	20 minutes
Entries and Approaches	 	Virtual	10 minutes
In-Water Skill Session: Entries and Approaches	 	In Person Assign reading and end of chapter review questions to help students prepare for next lesson.	40 minutes
<b>Total Lesson Time</b>			Virtual Session Time: <i>2 hours, 5 minutes</i>  In Person Session Time: <i>40 minutes</i>

## Lesson 2: Facility Safety, Patron Surveillance and Injury Prevention







TOPIC	METHOD	DELIVERY	TIME
Management and Facility Safety	<b>L</b>	Virtual	10 minutes
The Drowning Process	<b>L</b> <b>V</b>	Virtual	20 minutes
Effective Surveillance—Victim Recognition	<b>L</b> <b>V</b>	Virtual	20 minutes
Effective Surveillance—Scanning	<b>L</b> <b>V</b>	Virtual	15 minutes
Effective Surveillance—Zones of Surveillance Responsibility	<b>L</b> <b>V</b>	Virtual	15 minutes
Lifeguard Testing & Zone Evaluations	<b>L</b>	Virtual For the “Zone Test Drills” activity, conduct a guided discussion.	20 minutes
Injury Prevention Strategies	<b>L</b> <b>V</b>	Virtual	15 minutes
Guarding a Variety of Activities	<b>L</b>	Virtual	10 minutes
Guarding Special Attractions	<b>L</b>	Virtual For the “Guarding Special Attractions” activity, conduct a guided discussion.	20 minutes

TOPIC	METHOD	DELIVERY	TIME
In-Water Skill Session: Review Skills, Victim Recognition and Lifeguard Rotations		In Person	55 minutes
Putting It All Together	 	In Person Give reading assignments and end of chapter review questions to help students prepare for next lesson.	35 minutes
<b>Total Lesson Time</b>			Virtual Session Time: <i>2 hours, 25 minutes</i> In Person Session Time: <i>1 hour, 30 minutes</i>

## Lesson 3: Injury Prevention and Rescue Skills—Part 1

TOPIC	METHOD	DELIVERY	TIME
Guarding for Organized Recreational Swim Groups	<b>L</b>	Virtual For the “Strategies for a Safe Group Visit” activity, conduct a guided discussion.	20 minutes
Emergency Action Plans	<b>L</b> <b>V</b>	Virtual For the “Emergency Action Plans” activity, conduct a guided discussion.	20 minutes
Rescue Skills, Part 1—Rescues at or Near the Surface	<b>V</b>	Virtual	10 minutes
In-Water Skill Session—Rescue Skills, Part 1	<b>WSP</b>	In Person	1 hour, 25 minutes
Lesson Wrap-Up	<b>WSP</b> <b>A</b>	In Person Give reading assignments and end of chapter review questions to help students prepare for next lesson.	35 minutes
<b>Total Lesson Time</b>			Virtual Session Time: <i>50 minutes</i>  In Person Session Time: <i>2 hours</i>









Lesson 4: Rescue Skills—Part 2

TOPIC	METHOD	DELIVERY	TIME
Surveillance Activity 1	 	Virtual	10 minutes
Rescue Skills, Part 2: Submerged Victim Rescues		Virtual	15 minutes
In-Water Skill Session: Rescue Skills, Part 2		In Person	1 hour, 10 minutes
Putting It All Together Skill Drill	 	In Person Give reading assignments and end of chapter review questions to help students prepare for next lesson.	1 hour
Total Lesson Time			Virtual Session Time: <i>25 minutes</i>  In Person Session Time: <i>2 hours, 10 minutes</i>

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

TOPIC	METHOD	DELIVERY	TIME
Standard Precautions	<b>L</b> <b>V</b> <b>LSP</b>	Virtual For the “Removing Disposable Gloves” skill practice, follow the One-Rescuer Skill Practice and Evaluation course modifications.	10 minutes*
General Procedures for an Emergency on Land	<b>L</b>	Virtual	5 minutes
Performing a Primary Assessment	<b>L</b> <b>V</b> <b>LSP</b>	Virtual For the “Primary Assessment—Adult and Child” skill practice, follow the Two-Rescuer Skill Practice and Evaluation course modifications. For the “Recovery Position” skill practice, have students verbalize the steps of the skill. For the “Using a Resuscitation Mask and Primary Assessment Infant” skill practices, follow the One-Rescuer Skill Practice and Evaluation course modifications.	50 minutes*
Moving a Victim	<b>L</b>	Virtual	5 minutes
Recognizing and Caring for Breathing Emergencies	<b>L</b>	Virtual	5 minutes
Giving Ventilations (WTP)	<b>V</b> <b>LSP</b>	Virtual For the “Giving Ventilations—Adult and Child” and “Giving Ventilations—Infant” skill practices: <ul style="list-style-type: none"> <li>• Use the watch-then-practice approach.</li> <li>• Follow the One-Rescuer Skill Practice and Evaluation course modifications.</li> </ul>	15 minutes*










TOPIC	METHOD	DELIVERY	TIME
Giving Ventilations Using a Bag-Valve-Mask Resuscitator	  	Virtual For the “Giving Ventilations Using a BVM—Two Rescuers” skill practice, follow the One-Rescuer Skill Practice and Evaluation course modifications. Note: Specific modifications are provided for this skill.	15 minutes*
Airway Obstruction	  	Virtual For the “Conscious Choking—Adult and Child” and Conscious Choking—Infant” skill practices, follow the One-Rescuer Skill Practice and Evaluation course modifications.	15 minutes*
In-Water Skill Session: Putting It All Together	 	In-Person Give reading assignments and end of chapter review questions to help students prepare for next lesson.	45 minutes
<b>Total Lesson Time</b>			Virtual Session Time: <i>2 hours</i>  In Person Session Time: <i>45 minutes</i>

\*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
Recognizing and Caring for a Heart Attack	<b>L</b> <b>V</b>	Virtual	15 minutes
Cardiac Arrest	<b>L</b>	Virtual	5 minutes
CPR (WTP)	<b>L</b> <b>V</b> <b>LSP</b>	<p>Virtual</p> <p>For the “CPR—Adult and Child and CPR—Infant” skill practices:</p> <ul style="list-style-type: none"> <li>• Use the watch-then-practice approach.</li> <li>• Follow the One-Rescuer Skill Practice and Evaluation course modifications.</li> </ul>	40 minutes*
Two-Rescuer CPR	<b>L</b> <b>V</b> <b>LSP</b>	<p>Virtual</p> <p>For the “Two-Rescuer CPR—Adult and Child” and Two-Rescuer CPR—Infant” skill practices, follow Two-Rescuer Skill Practice and Evaluation course modifications.</p>	15 minutes*
When the Heart Stops and AEDs	<b>L</b>	Virtual	5 minutes
Using an AED	<b>L</b> <b>V</b> <b>LSP</b>	<p>Virtual</p> <p>For the “Using an AED,” skill practice, follow One-Rescuer Skill Practice and Evaluation course modifications.</p>	15 minutes*

TOPIC	METHOD	DELIVERY	TIME
AED Precautions and AED Maintenance		Virtual For the “Using an AED in Unique Situations—Fact or Fiction” activity, conduct a guided discussion.	10 minutes
CPR with Airway Obstruction	  	Virtual For the “CPR with Airway Obstruction” skill practice, follow One-Rescuer Skill Practice and Evaluation course modifications.	15 minutes*
Putting it All Together: Multiple-Rescuer Response	  	Virtual <ul style="list-style-type: none"><li>• Show the video segment “Putting It All Together—Multiple-Rescuer Response.”</li></ul>	5 minutes
		In Person <ul style="list-style-type: none"><li>• Conduct Skill Drill—Multiple-Rescuer Response.</li><li>• Give reading assignments and end of chapter review questions to help students prepare for next lesson and the Final Written Exam—Section 1.</li></ul>	1 hour
Total Lesson Time			Virtual Session Time: 2 hours, 5 minutes In Person Session Time: 1 hour

\*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 7: First Aid

TOPIC	METHOD	DELIVERY	TIME
Review—Surveillance Activities	<b>L</b> <b>V</b> <b>A</b>	Virtual	10 minutes
Secondary Assessment	<b>L</b>	Virtual	5 minutes
Sudden Illness	<b>L</b> <b>V</b>	Virtual	10 minutes
Responding to Injuries	<b>L</b> <b>V</b> <b>LSP</b>	Virtual For the “Controlling Bleeding” skill practice, follow One-Rescuer Skill Practice and Evaluation course modifications. For the “Common Injuries” activity, conduct a guided discussion.	45 minutes*
Putting It All Together—First Aid Scenarios	<b>L</b>	Virtual For the “First Aid Scenarios” activity, conduct as a guided discussion.	20 minutes
Caring for Head, Neck and Spinal Injuries on Land	<b>L</b> <b>V</b>	Virtual	10 minutes
Final Written Exam: Section 1—CPR/AED for the Professional Rescuer and First Aid	<b>A</b>	Virtual	40 minutes

TOPIC	METHOD	DELIVERY	TIME
When Things Do Not Go as Practiced	  	<p>Virtual</p> <ul style="list-style-type: none"> <li>• Show the video segment “When Things Do Not Go as Practiced.”</li> </ul> <p>In Person</p> <ul style="list-style-type: none"> <li>• Conduct the “Next Steps” skill practice.</li> <li>• Give reading assignments and end of chapter review questions to help students prepare for next lesson.</li> </ul>	35 minutes
In-Water Skill Session—Rescue Skills Review	 	In Person	45 minutes*
<b>Total Lesson Time</b>			Virtual Session Time: <i>2 hours, 20 minutes</i>  In Person Session Time: <i>1 hour, 20 minutes</i>

\*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 8: Head, Neck and Spinal Injuries in the Water

TOPIC	METHOD	DELIVERY	TIME
Review of Final Written Exam: Section 1— CPR/AED for the Professional Rescuer and First Aid	A	Virtual	5 minutes
Caring for Head, Neck and Spinal Injuries in the Water	L V	Virtual	20 minutes
In-Water Skill Session: Head, Neck and Spinal Injuries	WSP	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: 25 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

27 hours, 25 minutes