

### 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.

Lecture/Guided Discussion

A Activity

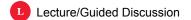
Video

Water Skills Practice

Land Skills Practice

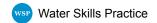
#### **Precourse Session**

TOPIC	METHOD	DELIVERY	TIME
Introduction to the Precourse Session	1	Virtual	10 minutes
Verification of Age Prerequisite	L	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 and Facility Safety

TOPIC	METHOD	DELIVERY	TIME
Introduction to the Course	L	Virtual	15 minutes
The Professional Lifeguard	LV	Virtual	15 minutes
Decision-Making	L	Virtual	5 minutes
Legal Considerations	<b>L</b>	Virtual	10 minutes
Continuation of Training	L	Virtual	10 minutes
Being Part of a Team	L	Virtual  For the "Team Building" activity:  • Skip the "Superlatives" and "Human Knot" activities.  • Start with the guided discussion bullet point: "The lifeguard team must communicate and work together effectively when responding to emergencies."	15 minutes
Facility Safety	I V	Virtual  For "Facility Safety" activity, conduct an instructor demonstration as needed.	20 minutes
Weather Conditions	L	Virtual	5 minutes

TOPIC	METHOD	DELIVERY	TIME
Rules and Regulations	<b>D</b>	Virtual  For the "Reasons for the Rules"  activity, conduct a guided discussion.	20 minutes
Entries and Approaches	L V	Virtual	10 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: 2 hours, 5 minutes In Person Session Time: 40 minutes









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

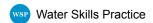
TOPIC	METHOD	DELIVERY	TIME
Management and Facility Safety	1	Virtual	10 minutes
The Drowning Process	L V	Virtual	20 minutes
Effective Surveillance— Victim Recognition	L V	Virtual	20 minutes
Effective Surveillance— Scanning	I V	Virtual	15 minutes
Effective Surveillance— Zones of Surveillance Responsibility	U V	Virtual	15 minutes
Lifeguard Testing & Zone Evaluations	L	Virtual  For the "Zone Test Drills" activity, conduct a guided discussion.	20 minutes
Injury Prevention Strategies	L V	Virtual	15 minutes
Guarding a Variety of Activities	L	Virtual	10 minutes
Guarding Special Attractions	L	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	WSP	In Person	55 minutes
Putting It All Together	WSP A	In Person  Give reading assignments and end of chapter review questions to help students prepare for next lesson.	35 minutes
Total Lesson Time			Virtual Session Time: 2 hours, 25 minutes In Person Session Time: 1 hour, 30 minutes









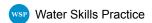
## Lesson 3: Injury Prevention and Rescue Skills—Part 1

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



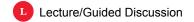






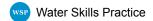
### Lesson 4: Rescue Skills—Part 2

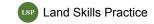
TOPIC	METHOD	DELIVERY	TIME
Surveillance Activity 1	L V	Virtual	10 minutes
Rescue Skills, Part 2: Submerged Victim Rescues	v	Virtual	15 minutes
In-Water Skill Session: Rescue Skills, Part 2	WSP	In Person	1 hour, 10 minutes
Putting It All Together Skill Drill	wsp A	In Person  Give reading assignments and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











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

TOPIC	METHOD	DELIVERY	TIME
Standard Precautions	L V LSP	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	L	Virtual	5 minutes
Performing a Primary Assessment	L V LSP	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>D</b>	Virtual	5 minutes
Recognizing and Caring for Breathing Emergencies	<b>D</b>	Virtual	5 minutes
Giving Ventilations (WTP)	V ISP	Virtual  For the "Giving Ventilations—Adult and Child" and "Giving Ventilations—Infant" skill practices:  • Use the watch-then-practice approach.  • Follow the One-Rescuer Skill Practice and Evaluation course modifications.	15 minutes*

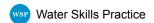
TOPIC	METHOD	DELIVERY	TIME
Giving Ventilations Using a Bag-Valve- Mask Resuscitator	V A LSP	Virtual  For the "Giving Ventilations Using a BVM—Two Rescuers" skill practice, follow the One-Rescuer Skill Practice and Evaluation course modifications.  Note: Specific modifications are provided for this skill.	15 minutes*
Airway Obstruction	L V LSP	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	wsp A	In-Person Give reading assignments and end of chapter review questions to help students prepare for next lesson.	45 minutes
Total Lesson Time			Virtual Session Time: 2 hours In Person Session Time: 45 minutes

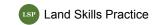
<sup>\*</sup>The suggested times for land skill practices are based on a 1:1 instructor-to-student ratio. Additional time may be needed to evaluate more than one student or team during the virtual web conference.









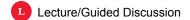


### Lesson 6: Cardiac Emergencies and Using an Automated External Defibrillator

TOPIC	METHOD	DELIVERY	TIME
Recognizing and Caring for a Heart Attack	L V	Virtual	15 minutes
Cardiac Arrest	<b>L</b>	Virtual	5 minutes
CPR (WTP)	L V LSP	Virtual  For the "CPR—Adult and Child and CPR—Infant" skill practices:  • Use the watch-then-practice approach.  • Follow the One-Rescuer Skill Practice and Evaluation course modifications.	40 minutes*
Two-Rescuer CPR	L V LSP	Virtual  For the "Two-Rescuer CPR—Adult and Child" and Two-Rescuer CPR— Infant" skill practices, follow Two-Rescuer Skill Practice and Evaluation course modifications.	15 minutes*
When the Heart Stops and AEDs	<b>D</b>	Virtual	5 minutes
Using an AED	L V LSP	Virtual  For the "Using an AED," skill practice, follow One-Rescuer Skill Practice and Evaluation course modifications.	15 minutes*

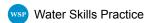
TOPIC	METHOD	DELIVERY	TIME
AED Precautions and AED Maintenance	I.	Virtual  For the "Using an AED in Unique Situations—Fact or Fiction" activity, conduct a guided discussion.	10 minutes
CPR with Airway Obstruction	L V LSP	Virtual  For the "CPR with Airway Obstruction" skill practice, follow One-Rescuer Skill Practice and Evaluation course modifications.	15 minutes*
Putting it All Together: Multiple-Rescuer Response	V WSP A	<ul> <li>Virtual</li> <li>Show the video segment "Putting It All Together— Multiple-Rescuer Response."</li> <li>In Person</li> <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>	5 minutes  1 hour
Total Lesson Time			Virtual Session Time: 2 hours, 5 minutes In Person Session Time: 1 hour

<sup>\*</sup>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	L V A	Virtual	10 minutes
Secondary Assessment	T.	Virtual	5 minutes
Sudden Illness	1 V	Virtual	10 minutes
Responding to Injuries	L V LSP	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	L	Virtual  For the "First Aid Scenarios" activity, conduct as a guided discussion.	20 minutes
Caring for Head, Neck and Spinal Injuries on Land	1 V	Virtual	10 minutes
Final Written Exam: Section 1—CPR/AED for the Professional Rescuer and First Aid	A	Virtual	40 minutes

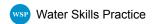
TOPIC	METHOD	DELIVERY	TIME
When Things Do Not Go as Practiced	V wsp A	<ul> <li>Virtual</li> <li>Show the video segment "When Things Do Not Go as Practiced."</li> <li>In Person</li> <li>Conduct the "Next Steps" skill practice.</li> <li>Give reading assignments and end of chapter review questions to help students prepare for next lesson.</li> </ul>	35 minutes
In-Water Skill Session—Rescue Skills Review	WSP LSP	In Person	45 minutes*
Total Lesson Time			Virtual Session Time: 2 hours, 20 minutes In Person Session Time: 1 hour, 20 minutes

<sup>\*</sup>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.









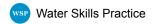
## Lesson 8: Head, Neck and Spinal Injuries in the Water

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