

# CITY OF DE PERE

Community Center

600 Grant Street, De Pere, WI 54115 | 920-339-4097 | [www.de-pere.org](http://www.de-pere.org)



## American Red Cross Lifeguard Recertification

### General Information

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services personnel take over.

This class will require some strenuous physical activity. You are encouraged to check with your health care professional before participating. If you have a medical condition or disability that might prevent you from participating in the activities or have questions about being able to fully participate in the Lifeguarding course, please contact me to discuss this before the course begins.

Upon successful completion of the course, you will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years.

### Preparing For Class

This course is not designed to re-teach participants on all skills. It is designed to test their knowledge of the skills and content in the lifeguarding course. As a professional rescuer, it is the responsibility of the participant to be prepared. By preparing ahead of time, you will set yourself up for a much better experience.

- Review the included Key Topic Review Guide. Be knowledgeable about all listed topics.
- Reference the Lifeguard Manual PDF & Videos for clarifications
- Blended Learning Online Course – optional, but highly recommended.
  - <https://www.redcrosslearning.com/course/73031950-15c1-11e7-b4e0-51657ecd06af>
- Prepare physically. If you are not actively on swim team/regularly swimming, get to the pool a few times before the class & work on endurance.
- Locate your pocket mask & whistle. Masks are available for purchase if you do not have one.

### Specific Pre-Requisites & Certification Requirements

To enroll in the re-certification Lifeguarding course, you must be currently certified as an ARC Lifeguard or be within the 30-day grace window\* on the last scheduled class session.

To participate in the course, you must be able to pass a prerequisite skills evaluation:

- Swim 300 yards continuously demonstrating breath control and rhythmic breathing. You may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.

- Tread water for 2 minutes using only the legs. You should place your hands under your armpits.
- Complete a timed event within 1 minute, 40 seconds.
  - Starting in the water, swim 20 yards. Your face may be in or out of the water. Swim goggles are not allowed.
  - Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
  - Return to the surface and swim 20 yards on your back to return to the starting point with both hands holding the object while keeping your face at or near the surface so you are able to get a breath. You should not swim the distance under water. Exit the water without using a ladder or steps.

To successfully complete the course, you must attend the entire course, participate in all skill sessions/drills/activities/scenarios, demonstrate competency in all required skills and scenarios, and pass the final written exams with a minimum grade of 80 percent.

*\*30-Day Grace Window – if your certification expires, you have a grace period of 30 days to recertify. During this period you are not eligible to work as a lifeguard. If you fail to recertify by the end of the 30 days you will have to complete the full lifeguard course again.*

## Schedule

This is our tentative schedule for the recertification class & is based on our maximum class size of 10 participants. The schedule is typically accurate if participants are prepared (plus or minus 30-45 minutes). We end the classroom session with the final exams to allow students ample time to complete the test (and re-take if needed). If we go long, it tends to be for retakes of exams.

**Saturday 6/8/2024** 8:00 AM – 1:00 PM\* & 2:00 PM\* - 7:00 PM

**Location:** VFW Aquatic Facility, 730 Grant St, De Pere, WI 54115

**Instructor:** Chelsea Moberg

*\* Scheduled break times are approximate & will be adjusted based on class pacing*

## What to Bring

Please plan for the weather that we have. The in-water sections will be outdoors. Sun protection, extra towels for warmth, and extra clothes to change into are an excellent idea.

Classroom Session		Water Session	
Required	Optional	Required	Optional
Pocket Mask Writing utensil	Notebook Digital or Print LG Book Snacks/drinks (during discussions participants are welcomed to eat/drink)	Pocket Mask Whistle Swimsuit & towel	Goggles/swim cap Notebook & writing utensils Print LG Book Water & snack (we will take a short break mid class) Sun protection

## Key Topic Review Guide

*All content in the lifeguard manual is important. Some items on this list won't be included in general lecture/online modules but could be on the final exams. The listed topics are things we expect all students to have a working knowledge of prior to arrival. Most of our class time will be spent on skills.*

Primary Responsibilities Secondary Responsibilities Characteristics of a Professional Lifeguard FIND Duty to Act Standard of Care Negligence Abandonment Consent / Refusal of Care Preseason Orientation In-Service Training Safety Team Circle of Drowning Prevention RWI Fecal Incident Responses Weather Related Issues Common Rules & Enforcement Methods Roll of Lifeguard vs Management Effective Surveillance Methods Distressed Swimmer Drowning Victim – Active Drowning Victim – Passive RID Zone Coverage Total Coverage Emergency Backup Coverage Ask Drills Live Recognition Drills Effective Lifeguard Rotations Injury Prevention Strategies Specific Lifeguarding Strategies by Pool Use EAPs General Procedure for Rescue Slide In Entry Stride Jump Compact Jump Run and Swim Entry Rescue Approaches Simple Assist Reaching Assist Active Victim Front Rescue Active Victim Rear Rescue Passive Victim Front Rescue	Passive Victim Rear Rescue Passive Victim – Submerged Rescues Multiple Victim Rescue Extrication Quick Removal Walking Assist Beach Drag Front Head Hold Escape Rear Head Hold Escape In Water Ventilations Bloodborne Pathogen Protection Standard Precautions Moving a Victim Size Up the Scene Primary Assessment Respiratory Distress vs Respiratory Arrest Allergies & Anaphylaxis Rescue Breathing Ratios Rescue Breathing Positioning BVM Usage Responsive Choking Victim Cardiac Chain of Survival Heart Attack vs Cardiac Arrest CPR (Depth, Ratios, etc) Two Rescuer CPR AED Usage Secondary Assessment (SAMPLE) Diabetic Care Seizures Stroke / FAST Closed Wounds Open Wounds External Bleeding Shock Specific Wound Care Burns Heat Exhaustion Heat Stroke Hypothermia RICE When to suspect spinal injuries Spinal Injury Care in Water Spinal Injury Care on Land
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**Lifeguard Manual PDF:**

<https://arc-phss.my.salesforce.com/sfc/p/#d0000000bxKz/a/3o000000xQAP/bUEh8qQ.ulugwBMXwcZvTqCx6Qsx5f5tHZYzrsHVRxo>