

LOGAN HEALTH LIFEGUARD TRAINING SPRING COURSE 2024

FEBRUARY 20 – MARCH 14

This course is approximately 20 hours long. **Attending all sessions is necessary to complete this course.** Contact one of the instructors with any class conflicts. Upon completion of the Lifeguard Training Course, you will be certified in CPR/AED for the Professional Rescuer, Standard First Aid, and Lifeguarding for two (2) years. **Participant manuals will be given out during the first class.** Assigned eLearning modules are expected to be completed prior to each class.

Course Fee: (includes participant manual & Red Cross certification cards)

Sign up at Logan Health Fitness Center Online or in person at the front desk.

Logan Health Fitness Center Members: \$200 Non-Members: \$250

More Information: Contact Cynthia Thorsen at 406-253-4227 or cthorsen406@gmail.com

Instructor Contact Information:

Joel Ahles	406-212-4650	joel.ahles@gmail.com
Cynthia Thorsen	406-253-4227	cthorsen406@gmail.com

Course Prerequisites:

- ★ Must be 15 years of age on or before the final scheduled session of this course.
- ★ Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates 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. Candidates should place their hands under their armpits.
- ★ Complete a timed event within 1 minute, 40 seconds.
 - Starting in the water, swim 20 yards. The 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 the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance underwater.
 - Exit the water without using a ladder or steps.

Bring to every class:

Participant manual, pencil/pen, swimsuit, and towel. (Goggles may be used during the 300 yd prerequisite swim only.)

Course Schedule:

Tuesday, February 20, 6:30 to 8:30 pm

- Introduction to the course.
 - Orientation
 - Verification of Age
 - Introduction to eLearning Account
 - Prerequisite Swimming Skills Evaluation

Tuesday, February 27, 6:30 to 9:45 pm

- Lesson 1: The Professional Lifeguard (Chapter 1)
 - eLearning Modules (due prior to class)
 - Introduction
 - The Professional Lifeguard
- Lesson 2: Facility Safety and Patron Surveillance (Chapters 2 and 3)
 - eLearning Module (due prior to class)
 - Facility Safety and Patron Surveillance
 - Water Skill Practice
 - Entries and Approaches

- Lesson 3: Injury Prevention (Chapter 4)
 - eLearning Module (due prior to class)
 - Injury Prevention
 - Water Skill Practice
 - Victim Recognition and Rotations

Thursday, February 29, 6:30 to 9:45 pm

- Lesson 4: Water Rescue Skills (Chapters 5 and 6)
 - eLearning (due prior to class)
 - Water Rescue Skills
 - Water Skill Practice
 - Water Rescue Skills
 - Emergency Action Plans

Monday, March 4, 6:30 to 9:45 pm

- Lesson 5: Before Providing Care, Victim Assessment and Breathing Emergencies (Chapters 7 and 8)
 - eLearning Module (due prior to class)
 - Before Providing Care and Breathing Emergencies
 - Skill Practice
 - Performing a Primary Assessment
 - Moving a Victim
 - Recognizing and Caring for Breathing Emergencies
 - Giving Ventilations
 - Airway Obstructions
- Lesson 6: Cardiac Emergencies and Using an Automated External Defibrillator (Chapter 9)
 - eLearning Module (due prior to class)
 - Cardiac Emergencies and Using an AED
 - Skill Practice
 - CPR
 - AED

Thursday, March 6, 6:30 to 9:45 pm

- Lesson 7: First Aid (Chapter 10)
 - eLearning Module (due prior to class)
 - First Aid
 - Skill Practice
 - Responding to Emergencies
 - Water Skill Practice
 - Escapes
 - In-Water Ventilations
 - Rescue Skill Review

Monday, March 12, 6:30 to 9:45 pm

- Lesson 8: Head, Neck, and Spinal Injuries in the Water (Chapter 11)
 - eLearning (due prior to class)
 - Head, Neck, and Spinal Injuries
 - Water Skill Practice
 - Head, Neck, and Spinal Injuries
 - Shallow Water
 - Deep Water

Thursday, March 14, 6:30 to 9:45 pm

- Lesson 9: Final Written Exam and Skill Scenarios
 - eLearning (due prior to class)
 - Conclusion
 - Final Exam
 - Lifeguarding Skills
 - Final In-Water Skill Scenarios