LOGAN
HEALTH
LIFEGUARD TRAINING COURSE SPRING 2026

This course is approximately 28 hours long; 6 hours of the course are spent completing the online modules before designated class times. **Attending all sessions is necessary to complete this course.** Contact one of the instructors with any class conflicts. Upon successful completion of the Lifeguard Training Course, participants will be certified in Lifeguarding (Including Deep Water) with CPR/AED for Professional Rescuers and First Aid for two (2) years. **Participant manuals will be given out during the first class.** Participants must complete all online course content in advance of the corresponding in-person skill sessions.

Course Fee: (includes participant manual & Red Cross certification fees) Sign up at Logan Health Fitness Center Online or 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

Course Prerequisites:
★ Must be 15 years of age on or before the final scheduled session of this course.
★ Complete the Swim-Tread-Swim Sequence
    ○ Swim 150 yards using the front crawl, breaststroke, or a combination of both.
        ■ Swimming on the back or side is not permitted.
        ■ Swim goggles are allowed
    ○ Maintain position at the surface of the water for 2 minutes by treading water using only the legs.
    ○ Swim 50 yards using the front crawl, breaststroke, or a combination of both.
★ 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, holding the object at the surface with both hands and keeping the face at or near the surface.
    ○ Exit the water without using a ladder or steps.

Bring to every class:
Participant manual, pencil/pen & highlighter, swimsuit, and towel. (Goggles may only be used during the Swim-Tread-Swim Sequence)

Course Schedule:
Thursday, April 2nd, 6:30 to 8:00 pm
❏ Precourse Session
    ❏ Orientation
    ❏ Verification of Age
    ❏ Introduction to eLearning Account
    ❏ Prerequisite Swimming Skills Evaluation

Tuesday, April 7th, 6:30 to 9:45 pm
❏ Lesson 1: The Professional Lifeguard and Setting the Stage for Safety
    ❏ *Online Modules (complete before class): 1, 2, 7*
    ❏ *Reading (complete before class): Chapters 1, 2, 6*
    ❏ Classroom: Introduction to the Course, Professionalism on the Job
    ❏ Deck Activity: Ready to Respond
    ❏ In-Water Skill Session: Entries and Approaches
❏ Lesson 2: Surveillance and Preventive Lifeguarding
    ❏ Online Modules (complete before class): 3, 4, 5
    ❏ Reading (complete before class): Chapters 3 and 4
    ❏ Classroom: The Lifeguard's Role in Preventing Drowning Incidents
    ❏ Deck Activities: Visibility Drill, Scanning, and Rotations
    ❏ In-Water Activity: Drowning School

Thursday, April 9th 6:30 to 9:45 pm
- ❏ Lesson 3: Responding to Emergencies and Rescue Skills—Part I
  - ❏ *Online Modules (complete before class): 6, 8, 9*
  - ❏ *Reading (complete before class): Chapters 5 and 6*
  - ❏ Classroom: Emergency Preparedness and Response
  - ❏ In-Water Skill Session: Assists, Active at or Near the Surface, Passive at or Near the Surface, Active and Passive Skill Drill, Implementing an EAP
- ❏ Lesson 4: Rescue Skills—Part II
  - ❏ *Online Module (complete before class): 10*
  - ❏ *Reading (complete before class): Chapter 6*
  - ❏ Classroom: Injury Prevention Surveillance Activity
  - ❏ Deck Activity: Putting on Disposable Gloves with Wet Hands
  - ❏ In-Water Skill Session: Submerged, Rapid Extrication, Submerged Rescue, and Rapid Extrication

Tuesday, April 14th 6:30 to 9:45 pm
- ❏ Lesson 5: Lowering the Risk for Infection, Rapid Assessment, and Ventilations
  - ❏ *Online Modules (complete before class): 11 and 12*
  - ❏ *Reading (complete before class): Chapters 7 and 8*
  - ❏ Classroom: Lowering the Risk for Infection, Rapid Assessment, Using a Resuscitation Mask, Using a Bag-Valve-Mask Resuscitator
  - ❏ In-Water Skill Session: Review/Continuation of Previous Lesson's Rescue Skills, Rescue Extrication, Rapid Assessment and BVM, In-Water Ventilations, In-Water Activity: Lifeguard Station Response Time Testing

Thursday, April 16th 6:30 to 9:45 pm
- ❏ Lesson 6: CPR, AED, and Obstructed Airway Care
  - ❏ *Online Modules (complete before class): 13 and 14*
  - ❏ *Reading (complete before class): Chapter 9*
  - ❏ Classroom: Cardiac Arrest, Providing High-Quality CPR, Single-Rescuer CPR, Two-Rescuer CPR, Using an AED, Obstructed Airway Care, Multiple Rescuer Team Response
  - ❏ In-Water Skill Session: Multiple Rescuer Team Response Scenarios

Tuesday, April 21st 6:30 to 9:45 pm
- ❏ Lesson 7: First Aid for Sudden Illnesses and Injuries
  - ❏ *Online Module (complete before class): 15*
  - ❏ *Reading (complete before class): Chapter 10*
  - ❏ Classroom: Secondary Assessment, Breathing Emergencies, Sudden Illnesses, Decision-Making in First Aid Emergencies, External Bleeding
  - ❏ In-Water Skill Session: Escapes, Multiple Rescuer Team Response Scenarios

Thursday, April 23rd 6:30 to 9:45 pm
- ❏ Lesson 8: Head, Neck, and Spinal Injuries
  - ❏ *Online Modules (complete before class): 16*
  - ❏ *Reading (complete before class): Chapter 11*
  - ❏ Classroom: Recognition Surveillance Activity, Head Neck and Spinal Injuries
  - ❏ In-Water Skill Session: Head, Neck, and Spinal Injuries

Monday, April 27th 6:30 to 9:45 pm
- ❏ Lesson 9: Course Conclusion
  - ❏ *ALL Online Modules must be completed before this class.*
  - ❏ *Review Chapters 1-11 before class.*
  - ❏ Classroom: Employment and Career Development, Final Written Exam
  - ❏ On-Deck/In-Water: Final Skill Assessments

Instructor Contact Information:

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