



Curriculum Overview

Lifeguard Training

Course Description

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 (EMS) personnel take over.

Enduring Understandings

Students will understand...

- The primary purpose of the lifeguarding course is to learn the knowledge and skills needed to prevent and respond to aquatic related emergencies.

Essential Questions

- How can lifeguard training improve students' physical fitness level?
- How can knowledge of safety precautions enhance student performance?
- How can lifeguard training teach students to be responsible adults?
- How can lifeguard training develop students' decision-making skills?

Units of Study

- Unit 1: Lifeguard Skills
- Unit 2: First Aid Skills
- Unit 3: Rescue Breathing and CPR
- Unit 4: Professional Lifeguard and Facility Safety

Primary Resources

- American Red Cross Instructor's and Participant's Manual