** Rogers Aquatics Center**

**Junior Lifeguard Class Syllabus 2018**

**Prerequisites**

* Swim 25 yards freestyle (front crawl) continuously
* Swim 25 yards breaststroke continuously.
* Tread water for 1 minute using arms and legs.
* Swim 25 yards backstroke or float unassisted on back for 30 seconds.
* Submerge and swim 10 feet under water.
* Must be between 11-14 years old and completed the 5th grade.

Junior Guards wear solid navy or red suits/trunks. \*\*Cannot have Lifeguard or Guard printed on it.

**Email Leanne Jacobson for Registration Information: ljacobson@rogersar.gov**

**Tues, April 3rd 5:30-8pm: (Waterpark)** **Sat, April 7th 12-4pm (Adult Wellness Center)**

Orientation Prerequisite Swimming Skills

Team Building Shallow Water Assists

Causes/Prevention of Drowning Swimming with Rescue Tube

Recognize Someone Needing Help Improve Swimming Skills

Helping Someone in the Water Throwing Assists

Know What to Look For Approach Strokes

Know How to Look Entries into the Water

Know Where to Look Rescues at the Surface

Lifeguard Stations Surface Dives

**Tues, April 10th 5:30-8pm (Waterpark)**  **Sat, April 14th 12-4pm (Adult Wellness Center)**

Surveillance Practice Review Shallow Water rescues

General Procedures for a Water Emergency Deep Water Rescues

Emergencies on Land Submerged Victim – Shallow Water

Performing a Primary Assessment Escapes

Making the 911 Call Two Person Removal from Water

Care for What You Find Putting it all Together

Emergency Action Plan Facility Safety Check

Incident Report

Swim Practice

**Tues, April 17th 5:30-8pm (Waterpark) Sat, April 21st 10-2pm (Waterpark)**

Lifeguard Rotations Breathing Emergencies – Primary Assessment

Conflict Resolution/FIND Model Giving Ventilations

Educating Others Conscious Choking

Life Jackets Unconscious Choking

Serving the Customer CPR/AED

Listening First Aid – Secondary Assessment

Handling Difficult Customers Heat Related Illness

Positive Feedback

**Tues, April 24th 5:30-8pm (Waterpark) Sat, April 28th 12-4pm (Adult Wellness Center)**

First Aid – Bleeding Head, Neck & Back Injury

Muscle, Bone & Joint Injury Head Splint

Common 1st Aid Injuries Shallow Water Back Boarding

Burns Removal from Water

Bee Stings Review

Finger Injury Written Test