

# YMCA LIFEGUARD CERTIFICATION CLASS SYLLABUS

LOCATION: YMCA of Port Townsend

DATES: September 28-October 26

SWIM TEST: September 28, 10:00am

REGISTRATION DEADLINE: September 28

## IF YOU WANT TO TAKE THIS CLASS:

Step 1: Register for the class by calling 360-477-4381 or stopping by our front desk

Class cost is \$75; scholarships are available.

Step 2: Reserve your spot for a swim test by emailing [aquatics@olympicpeninsulaymca.org](mailto:aquatics@olympicpeninsulaymca.org). Bring a photo ID to your swim test.

**CLASS FORMAT:** The class will include two online learning systems, in-person classes, and pool sessions. One online learning course is medical training through the Health and Safety Institute (HSI). This online class is about 6 hours long and must be completed prior to October 12. After completion of the swim test, you will receive a class link directly from HSI. The second online learning is through the Y-USA website (Y eLearning). Those lessons should be completed as outlined in the syllabus below. It is important that each lesson is completed prior to the class date where that topic will be covered.

## IMPORTANT NOTES:

**Swim Test:** Meet on the pool deck, ready to swim. Bring goggles if you need them (they will be allowed for some portions of the test.) Bring proof of age (photo ID) Make sure to practice for the swim test. The QR code below will take you to a video demonstration.

Upon successful completion of the swim test, each student will be provided with a Candidate Welcome Letter and Minor Release (if under 18). Both of those forms must be read, signed, and turned in at the first class. After the swim test, each student will be given a course manual (On the Guard) and HSI student guides for Basic Life Support, Basic First Aid, and Emergency Oxygen.

Come prepared for each class. Be prepared to participate. Bring all issued equipment, books, and note-taking materials; do the required eLearning and reading. Students who do not complete assigned eLearning as assigned will be excused from training.

Students who do not complete the HSI training by October 12 will not be allowed to continue in the class. The hands-on portion of these classes cannot be taught unless you have completed the online training, with a test grade of 80% or more.

## SWIM TEST



**PHASE 1:** Tread water for two minutes, swim 100 yards front crawl.

**PHASE 2:** Swim 50 yards of each: Front crawl with the head up, Sidestroke, Breaststroke, Breaststroke with the head up, and Elementary backstroke kick with no hands –legs only. Perform a feetfirst surface dive to maximum depth of training facility). Then swim underwater for 15 feet.

**PHASE 3:** Participants start in the shallow end and sprint for a distance of approximately 60 feet and then perform an arm-over-arm surface dive and pick up an object from the bottom of the pool, surface and tread water for at least 1 minute with legs only, and then replace the object back on the bottom of the pool where it was found. Surface and swim the remaining length to the end of the pool and hoist yourself out of water without using a ladder or other assistance. Immediately begin compression on an adult manikin for 1 minute or 100 compressions; stand and listen to directions from the instructor.

Contact: Ciera Skelly, Aquatics Coordinator | [aquatics@olympicpeninsulaymca.org](mailto:aquatics@olympicpeninsulaymca.org) | 360-504-0535

# YMCA LIFEGUARD CERTIFICATION CLASS SYLLABUS

Bring the following to every class: On the Guard Manual (OTG), HSI Student Books, Fanny Pack, Whistle, Rescue Mask, Swim suit, water, a snack, and your Lifeguard Participant Guide. Highlighted items will be provided on the first day.

Classes cannot be made up. Check the syllabus to be sure you can get to each class.

This is a blended learning class; students are responsible for completing online learning prior to and during the course of the class.

Every effort will be made to honor each class's ending time. However, it is possible that classes, especially pool modules, will run late. Be prepared for that possibility.

The Lifeguard textbook and medical student manuals are on loan. Failure to return the books will result in a \$30 fee per book for replacement.

<p><b>Swim Test</b> Date: September 28 Time: 10 am</p> <p>Assignments: None</p> <p>Classroom: None</p> <p>Pool: Swim Test</p> <p>Bring: photo ID, swimsuit, towel, goggles</p>	<p><b>Day 1</b> Date: October 12 Time: 9am-5pm</p> <p>Assignments: All HSI Online training and exams, Y eLearning lessons 1-4 , OTG Chapters 1-4, 7</p> <p>Classroom: Course Introduction, Basic Life Support, First Aid, Emergency oxygen</p> <p>Pool: Rotations, Whistle Signals, Scanning, Non-swimming rescues</p>
<p><b>Day 2</b> Date: October 13 Time: 9am-5pm</p> <p>Assignments: eLearning lesson 5, OTG Chapters 5-7</p> <p>Classroom: Module 5: Accident prevention, Scanning, and recognizing potential victims , Module 6: Drowning victims, emergency action plans, rescue strokes, equipment and assists</p> <p>Pool: Distressed swimmers, unresponsive victims</p>	<p><b>Day 3</b> Date: October 19 Time: 9am-3:30pm</p> <p>Assignments: eLearning lesson 6, OTG Chapters 8-10</p> <p>Classroom: Module 7: Rescue procedures Part I, Module 8: Rescue Procedures Part II</p> <p>Pool: Injured and unresponsive victims , spinal injury management</p>
<p><b>Day 4</b> Date: October 20 Time: 9am-3pm</p> <p>Assignments: eLearning lessons 7-9, OTG chapters 9-15</p> <p>Classroom: Module 7: Lifeguard Responsibilities, Module 9, Water parks/attractions and Outdoor hazards, Module 10: Pool Maintenance, your job/future</p> <p>Pool: Injured and unresponsive victims , spinal injury management</p>	<p><b>Day 5</b> Date: October 26 Time: 10am-3pm</p> <p>Assignments: Review OTG, HSI Student books, participant guide, and eLearning lessons</p> <p>Classroom: Course review, written test</p> <p>Pool: Water test</p>