

School District of Springfield Township

Springfield Township High School Course Overview

Course Name: Lifeguard Training/First Aid/CPR

Course Description

Lifeguard Training/First Aid/CPR prepares students for employment as a certified lifeguard. This is a Red Cross certified program in which students learn and practice basic rescue skills, first aid, and CPR techniques. Certification requires a fee of \$75.00.

Course Prerequisites

Physical Education 9/10 and age of fifteen prior to the conclusion of the course

Unit Titles

Unit 1: Lifeguard Skills

Unit 2: First Aid Skills

Unit 3: Rescue Breathing and CPR

Essential Questions

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

Big Ideas/Enduring Understandings

Unit 1: Lifeguard Skills

- The primary responsibility of a lifeguard is to ensure patron safety and protect lives.
- The FIND decision-making model applied to lifeguarding decisions can help lifeguards find the best action to take in most situations.
- Effective surveillance involves victim recognition and proper scanning.
- Emergency action plans (EAPs) are detailed plans describing everyone's responsibility in an emergency.

Unit 2: First Aid Skills

- The general procedures for injury on land or sudden illness is to size up the scene, perform an initial assessment, summon emergency medical services, and perform a secondary assessment.
- Appropriate personal protective equipment should be used, such as disposable gloves and breathing barriers.

Unit 3: Rescue Breathing and CPR

- Rescue breathing is a technique for breathing air into a victim to give him or her oxygen needed to survive.
- There are two types of airway obstructions: anatomical and mechanical.

- A victim who is unconscious, not moving or breathing and has no pulse is in cardiac arrest and needs CPR.

Key Competencies/Skills/Procedures

Unit 1: Lifeguard Skills

- Demonstrate ability to use proper surveillance techniques
- React appropriately in an emergency situation
- Use the rescue tube properly
- Rescue an active drowning victim, passive drowning victim, and submerged victim
- Remove a victim from the water properly
- Demonstrate the ability to carry out a spinal injury rescue

Unit 2: First Aid Skills

- Demonstrate ability to treat minor cuts and abrasions
- Know how to treat for heat/cold exposure
- Demonstrate knowledge of treatment for poisoning, bites and stings
- Show how to properly splint an injured limb
- Know the proper treatment for all types of burns
- Recognize the signs of sudden illness such as a stroke or heart attack
- Know the procedures for treating shock

Unit 3: Rescue Breathing and CPR

- Perform a primary survey
- Administer rescue breathing for an infant, child and adult
- Administer CPR to an infant, child and adult
- Demonstrate how to treat for conscious and unconscious choking

Core Vocabulary—all units

active drowning victim, passive drowning victim, distressed swimmer, bystanders, chain of command, criteria, critical incident stress debriefing, dehydrated, emergency action plan, facility surveillance, frontal vision, negligence, peripheral vision, refusal of care, abandonment, heat exhaustion, heat stroke, primary survey, secondary survey, shock, FIND method, RID factor, cardiopulmonary resuscitation, automated external defibrillator, hypothermia, respiratory distress, airway obstruction

Core Resources

Lifeguarding, The American National Red Cross, 2007.

Pennsylvania State Standards Guiding Course

Unit 1: Lifeguard Skills

- 10.3.9.A. Analyze the role of individual responsibility for safe practices and injury prevention in the home, school and community.
- 10.3.9.B. Describe and apply strategies for emergency and long term management of injuries.
- 10.3.9.D. Analyze the role of individual responsibility for safety during organized group activities.
- 10.5.12.A. Apply knowledge of movement skills, skill-related fitness and movement concepts

to identify and evaluate physical activities that promote personal lifelong participation.

10.5.12.C. Evaluate the impact of practice strategies on skill development and improvement.

Unit 2: First Aid Skills

10.3.12.B. Analyze and apply strategies for the management of injuries

Unit 3: Rescue Breathing and CPR

10.3.12.B. Analyze and apply strategies for the management of injuries

Prepared 9.30.10—SC

Approved—chr