

r. 24 Lifeguarding (Including Deep Water) Recertification Course Fact Sheet

Course Purpose

The primary purpose of a recertification course is to give participants who are currently certified American Red Cross Lifeguarding (Including Deep Water) the opportunity to review the course knowledge and skills within a formal course setting to maintain their American Red Cross Lifeguarding (including Deep Water) certification.

Lifeguarding (Including Deep Water) Recertification training is conducted and evaluated in water depths ranging from 0 feet to water 7 feet and greater (ranging from 8-12 feet maximum, depending on the depth of the facility in which the training is conducted). *Note: For information on other recertification courses within the Lifeguarding program, please see the Fact Sheets for:*

- *Shallow Water Lifeguarding (water up to 5, 6, or 7 feet) Recertification*
- *Aquatic Attraction Lifeguarding (water up to 3 feet) Recertification*
- *Waterfront Skills Recertification*
- *Waterpark Skills Recertification*

Course Prerequisites

To participate in the Lifeguarding (Including Deep Water) Recertification course, participants must:

- Hold a current certification, or expired by no more than 30 days, in American Red Cross Lifeguarding that included training in deep water 7 feet or deeper.
- Successfully complete the two prerequisite swimming skills evaluations:

Prerequisite 1: Complete a swim-tread-swim sequence without stopping to rest:	Prerequisite 2: Complete a timed event within 1 minute, 40 seconds:
<ul style="list-style-type: none"> • Jump into the water and totally submerge, resurface then 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 	<ul style="list-style-type: none"> • Starting in the water, swim 20 yards. (The face may be in or out of the water. Swim goggles are not allowed). • Submerge to a depth of 7 - 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 out at or near the surface. • Exit the water without using a ladder or steps.

Note: If the Lifeguarding Recertification course includes training for the Waterfront Skills recertification, additional prerequisite swimming distances and skills are required. See the Waterfront Skills Module Fact Sheet for more information.

Course Length

There are two delivery options for taking the Lifeguarding Recertification course.

- **Instructor-led training (ILT)** Lifeguarding Recertification course is conducted by a Red Cross-certified Lifeguarding instructor. There are no online sessions to complete. Participants should be given the opportunity to re-watch the course videos and encouraged to review Chapters 1 through 11 in the *Lifeguarding Manual*. The total course instruction time, including the precourse session, is approximately 9 hours, 15 minutes, not including breaks. Expect additional time to be added to the course length to accommodate breaks/transitions.
- **Blended learning (BL)** combines online sessions with in-person sessions conducted by a Red Cross-certified Lifeguarding instructor. Total course instruction time is 9 hours, 15 minutes:
 - The online session for the Lifeguarding Recertification course has 16 modules and takes approximately 6 hours to complete all modules of the online session. Each individual module takes approximately 15 – 30 minutes to complete. Each module of the recertification version of the course begins with a pre-assessment. Participants can completely test out of a module, test out of specific learning objectives within the module, or be required to complete the entire module. Therefore, the time needed to complete the online coursework may vary. The total instruction time for the in-person sessions, including the precourse session, is 9 hours, 15 minutes. Expect additional time to be added to the course length to accommodate breaks/transitions.

Participant Course Materials

American Red Cross *Lifeguarding Manual* (print or ebook)

Lifeguarding course participants must have access to their own manual throughout the course. When using a digital manual, a tablet or laptop should be used during class to ensure proper viewing. The instructor of the course will provide access to obtain the ebook.

Print materials are available on the Red Cross store (redcross.org/store).

Certification Requirements

To earn certification, participants must:

- Complete all online course content in advance of the corresponding in-person sessions (blended learning courses only).
- Attend the entire course and participate in all class sessions.
- Actively participate in all course activities, including assuming various roles during skill practices, skill drills, activities and scenarios.

- Demonstrate proficiency in all skills.
- Pass the final written exam with a minimum grade of 80 percent.
- Pass the three (3) final skill assessments which include:
 - Assessment 1—Timed Response
 - Participants must complete a passive submerged rescue, extricate with the assistance of an assisting rescuer, and rapid assessment (including the delivery of 2 initial ventilations by either rescuer) within 1 minute, 30 seconds, and then provide 3 minutes of single-rescuer CPR.
 - Assessment 2—Rotation and Scanning
 - Participants must rotate into the lifeguard station, conduct surveillance from the station for 1 minute, and rotate out of the station.
 - Assessment 3—Final Team Response Testing Scenario
 - Participants must perform a passive submerged rescue, extrication and rapid assessment, followed by multiple-rescuer CPR and use of AED and BVM resuscitator.

Certification

Participants who successfully complete the Lifeguarding (Including Deep Water) Recertification course will be issued the following American Red Cross certificate: **Lifeguarding (Including Deep Water) with CPR/AED for Professional Rescuers and First Aid** that is valid for 2 years.

To maintain the Lifeguarding certification, a currently certified lifeguard must successfully complete the American Red Cross Lifeguarding Recertification course or the full Lifeguarding course again prior to certificate expiration. A 30-day grace period may apply but it does not extend the certification beyond the 2 years.

Once the Lifeguarding certification is expired, a participant must successfully complete the American Red Cross Lifeguarding course.

Instructor

To instruct American Red Cross Lifeguarding courses, the instructor must hold a current American Red Cross Lifeguarding Instructor certification.

Course Objectives

During their training, participants are required to demonstrate knowledge acquisition and skill competency in four main areas:

- Foundational lifeguarding concepts (recognizing distress and drowning, surveillance and scanning, and recognizing and preventing injury)
- Water rescue and extrication
- Resuscitation (including CPR/AED for Professional Rescuers) and first aid for adults, children, and infants
- Individual and team rescue and response

The following are high-level program objectives:

- Identify the behaviors of a swimmer, a distressed swimmer, an active drowning person and a passive drowning person.
- Demonstrate proper technique for scanning and rotations.
- Describe the general procedure to follow when responding to a water emergency.
- Demonstrate how to safely and effectively perform assists to persons in the water.
- Demonstrate how to safely and effectively rescue a person when they are at or near the surface of the water or submerged.
- Demonstrate how to safely and effectively extricate a person from the water using rapid extrication techniques.
- Demonstrate how to safely and effectively rescue and extricate a person from the water using spinal motion restriction techniques.
- Describe the general procedure to follow when responding to a medical emergency.
- Demonstrate care for respiratory arrest using a resuscitation mask and a bag-valve-mask (BVM) resuscitator.
- Demonstrate high-quality CPR and use of an automated external defibrillator (AED) as a single rescuer and as part of a multiple-rescuer team response with up to 4 rescuers.
- Demonstrate the ability to work as part of a team to implement an emergency action plan (EAP), perform a rapid and secondary assessment and provide resuscitative or first aid care.
- Recognize and care for sudden illnesses and injuries that may affect people in an aquatic facility.

Lifeguarding Course Content

The Professional Lifeguard and Setting the Stage for Safety

- Entries and Approaches

Surveillance and Preventive Lifeguarding

- Recognition
- Scanning
- Rotations
- Rescue Ready or Not?
- Zone Verifications – Visibility Drill
- Scanning and Rotations

Responding to Emergencies and Rescue Skills – Part 1

- Water Rescue Skills—At or Near the Surface
 - Active Rescues
 - Passive Rescues
 - Skill Drills

Rescue Skills—Part II

- Water Rescue Skills—Submerged

- Rapid Extrication
- Putting It All Together, Rescue and Extrication

Lowering the Risk for Infection, Rapid Assessment and Ventilations

- Rapid Assessment
- Using a Resuscitation Mask
- Using a Bag-Valve-Mask Resuscitator
- Giving Ventilations
- Lifeguard Station Response Time Testing Drill

CPR, AED and Obstructed Airway Care

- Single-Rescuer CPR with AED (Adult/Child)
- Single-Rescuer CPR with AED (Infant)
- Two-Rescuer CPR (Adult/child/infant)
- Using an AED
- Safe and Effective AED Use
- Obstructed Airway Care (Adult/child)
- Obstructed Airway Care (Infant)
- Multiple-Rescuer Team Response Scenarios 1, 2, 4

First Aid for Sudden Illnesses and Injuries

- How Would You Respond - Activity
- External Bleeding

Head, Neck and Spinal Injuries

- Head, Neck, and Spinal Injuries
- In-Line Stabilization
- Extrication Using Spinal Motion Restriction

Course Conclusion

- Final Written Exam
- Final Skill Assessments