Berrien Springs Partnership Syllabus and Instructor Qualifications

# **CLASS TITLE:** **Lifeguarding****GRADE OR AGE LEVELS:** **15+****START DATE: 1/3/2021**   **END DATE: 4/17/2021****# WEEKS TOTAL: 14**

# **DAY/TIME REQUIRED: Niles-Buchanan: Tues/Thurs 7p-10p; St. Joe Saturday 9a-5p x 4** # **HOURS (REQUIRED):** **27**  # **HOURS (POSSIBLE): 27 TOTAL SEMESTER HOURS POSSIBLE: 27****LOCATIONS/ADDRESSES: YMCA Benton Harbor – St. Joseph: 3665 Hollywood Rd. St. Joseph, MI 49085 YMCA Niles – Buchanan: 905 Front St. Niles, MI 49120** **DIRECTIONS TO LOCATION (if needed): Upon request.** **MAIN INSTRUCTOR:** **Stephanie Hill, Andre Gresham**

# **CONTACT INFORMATION:** **Allison Kiggins** **Phone:**  **269.683.1552**

# **Email: akiggins@ymcagm.org** **Website:** **YMCA.org**

**ADDITIONAL REGISTRATION AT SITE REQUIRED?** **YES**  NO
**IF YES, INSTRUCTIONS FOR REGISTRATION: Please be sure to register online with the Berrien Springs Partnership and be mindful of your YMCA branch locations. You will be contacted by the YMCA, via e-mail or telephone, regarding course specifics. \*For late registrations (outside registrations dates), or changes, please contact the partnership as well as the YMCA.**

**MAIN INSTRUCTOR QUALIFICATIONS**: **All our instructors are Lifeguard Certified Instructors through American Red Cross.**

**COURSE DESCRIPTION (complete overview shown on website):**
**Lifeguard candidates will be trained in professional CPR, basic first aid and oxygen administration as well as pool and waterfront lifesaving skills.**

**S3.2.K,1,2,3,4,5** **S4.2.K,1,2,3, 5b**

**S4.1.K,1,2,3,4,5,6** **S4.5.K,1,2,3,4,5**

**S4.6.K,1,2,3,4,5**

**SYLLABUS/OUTLINE:**

**\*\*Session 1: – *Prerequisite Swimming Skills Evaluation:***

*1) 500yd swim alternating consistently between free stroke and breast stroke.*

*2) Retrieve a 10lb brick from the pool’s deep end and on return, swim on their back; within 90 seconds.*

3) Tread water for 2 minutes.

**\*\*Students must complete each aspect of session 1 successfully in order to proceed to session 2.**

Session 2: – *The Professional Lifeguard and Facility Safety*

* Read: Chapters 1&2

Session 3: – *Facility Safety, Patron Surveillance, and Injury Prevention*

* Read: Chapter 3

Session 4: – *Injury Prevention and Rescue Skills, Part 1*

* Read: Chapter 4, 5&6

Session 5: –*Rescue Skills, Part 2*

* Read: Chapter 6

Session 6: – *Before Providing Care, Victim Assessment and Breathing Emergencies*

* Read: Chapter 7&8

Session 7: – *Cardiac Emergencies and Using an AED*

* Read: Chapter 9

Session 8: – *First Aid*

* Read: Chapter 10

Session 9: – ***Section 1 Exam – CPR, AED, & First Aid***

 *Head Neck and Spinal Injuries in the Water*

* Read: Chapter 11

***Session 10:*** – ***Section 2 Exam - Lifeguarding Skills* *and Water Scenarios***

# **COURSE OBJECTIVES AND APPROXIMATE TARGET DATES**:

**Final Project Approximate Timeline:**

**Weeks 1-3 Driving question**

**Weeks 4-5 – Project ideas approved**

**Weeks 1-14- Gather information/ research**

**Weeks 14-15– Final projects due**

**Weeks 15-16– Project showcase**

**STUDENT ASSESSMENT - what will be used to evaluate student progress and/or end of semester pass/fail status?**
**Final projects will be presentations (in-person or video) of things such as: ❖ Project boards or detailed slide presentations of the class subject given to any audience – anything from a microscopic, detailed part of what was learned or a 30,000 ft view of the subject matter AND how it relates to the student or the student’s family life, peers, environment, community, or even wider still. ❖ Public service announcement or commercial, etc. ❖ An original composition (song, skit, play, etc.) ❖ Poster, book pamphlet ❖ 3D models ❖ Any other creative, approved project, presented to an audience**

**Class-specific assessment: Project topics will be discussed and chosen during the first few weeks of class.**

# **ADDITIONAL RESOURCES: (online, books, video, etc.): NA**

**CLASS POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.**

**Attendance:** Attendance will be recorded each day of class and is mandatory for all classes.

**Behavior: “**Positive anything is better than negative nothing.” Elbert Hubbard

**Weather: NA**

**Other:** Student agrees to attend at least 80% of class sessions/lessons offered. Attendance is kept online and tracked by Partnership staff. Failure to meet 80% or be on track to meet 80% may result in program discontinuation.

The Partnership Student Assessment or Performance Form is filled out by the teacher and turned in to Partnership staff. The link to this form is found on the web page for this class. Failing marks for lack of participation, behavior issues, practice time, etc. may result in program discontinuation.