

# Berrien Springs Partnership Lab Syllabus and Instructor Qualifications

LABS (CLASSES) ARE PROVIDED AS AN EDUCATIONAL SOURCE FOR PBL (PROJECT BASED LEARNING)

**COMMUNITY CLASS TITLE:** Junior Lifeguarding Levels 1-4

**GRADE OR AGE LEVELS:** Age 11-15

**Required Swimming Ability:** General Course Prerequisites: Swim the front crawl for 25 yards continuously while breathing to the front or side.

- Tread water for 1 minute using arms and legs.
- Show a level of comfort on the back by floating on the back for 30 seconds or swimming on the back for 25 yards using elementary backstroke or back crawl.
- Submerge and swim a distance of 10 feet underwater.

Please note: this class can be taken more than once in order for the students to be prepared to move through the entry-level criteria for Lifeguarding. Not being ready and approved for Lifeguarding after taking Jr. Lifeguarding does not mean the student has failed the class, it simply means they need to continue working through the levels of Junior Lifeguarding. Less experienced swimmers may need to repeat levels multiple times, and more advanced swimmers may complete more than one level per semester. As the class covers 4 years of age, most students will need to repeat the class multiple times. Students must be BOTH 15 years of age and have successfully moved through the levels of Jr. Lifeguarding to be ready to enter the Lifeguarding class.

# **Classes (REQUIRED):** 14 classes

# **HOURS (POSSIBLE):** 14 classes+2 vouchers

**TOTAL SEMESTER HOURS POSSIBLE:** 16 hrs of class time

**Time:** Tuesday and Thursday from 3:30-4:30

**Dates:** Classes start on August 29th and end on December 6th.

**NO CLASS FOR**

Fall break is from the October 10th to the 11th **NO CLASS**

Thanksgiving break is from October 23rd to the 27th

**LOCATION/ADDRESS:** Location at Andreasen Center for Wellness 8750 West Campus Circle Dr. Berrien Springs MI 49104

**CONTACT INFORMATION:**

**Program Coordinator:** Isabel Widdis And Taylor Biek

**phone:** 269.471.3257

email: [learn2swim@andrews.edu](mailto:learn2swim@andrews.edu)

website: <https://www.andrews.edu/wellnesscenter/services/aquatics/>

### Required Swimming Ability:

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**ADDITIONAL REGISTRATION AT SITE REQUIRED? YES, IF YES, INSTRUCTIONS FOR REGISTRATION:** visit our website and click on Swim Programs, then Jr. Lifeguarding, then register. You will be prompted to choose your class time in the registration steps.

**INSTRUCTOR QUALIFICATIONS** Water Safety Instructor or Lifeguard American Red Cross Certification

**COURSE DESCRIPTION (OVERVIEW):** The Junior Lifeguard course will teach water safety and introduce participants to the duties and responsibilities of a lifeguard; however, this course will not certify anyone to be a lifeguard. It will build a foundation of knowledge, attitudes and skills in preparation for the American Red Cross Lifeguarding course

### SYLLABUS/OUTLINE:

Each week varies as the teacher develops their own block plans for the courses each semester. Tentative Level Descriptions. As this is the first time we are implementing the 4-level system, these may be modified slightly throughout the semester:

Jr. LG Level 1 Personal Best: Swim front crawl for 25 yards continuously while breathing to the front or side. Personal Best: Swim breaststroke for 25 yards using a pull, breath, kick and glide sequence. Tread water for 1 minute using arms and legs Back float for 30 seconds Swim 25 yards using elementary backstroke or back crawl Submerge feet first or head first and swim a distance of 10 feet underwater Intro to reaching assist from deck Personal Best: Swim front crawl dragging tube for 25 yards Intro to entries-slide in, stride jump, compact jump Intro to simple assist, active victim front/rear rescues, and passive victim front/rear rescue Participate in all classroom activities and complete the written test with a minimum score of 30% Feet first surface dive Intro to removals from the water Conscious choking-Adult

Giving ventilations adult/child demonstration Video-CPR adult/child/infant Video-using an AED Shadowing Experience Intro to First Aid Video-spinals Swim 100 yards continuously using any stroke  
Jr. LG Level 2 Complete Jr. LG Level 1 Tread water for 2 minutes using arms and legs Back float for 1 min  
Submerge feet first or head first and swim underwater at a depth of 5 feet for a distance of 10 feet  
Reaching assist from deck (with arm/leg, unassisted) Swim breaststroke dragging tube 50 yards  
Entries-slide in, stride jump, compact jump-demonstration Simple assist, active victim front/rear rescues and passive victim front/rear rescues-demonstration Participate in all classroom activities and complete the written test with a minimum score of 50% Head first surface dive Removals from the water-demonstration Conscious Choking-Child Giving ventilations adult/child with assistance if necessary Demonstrate proper compression technique-adult/child/infant Using an AED Shadowing Experience Controlling External Bleeding-Minor Wound Head Splint: Face-Up Victim at or Near the Surface (Shallow Water) Swim 100 yards continuously demonstrating breath control and rhythmic breathing using the front crawl, breaststroke or a combination of both.

Jr. LG Level 3 Complete Jr. LG Level 1 and 2 Tread water for 1 minute with no hands Submerge feet first or head first and swim underwater and touch brick at a depth of 9 feet Reaching assist from the deck with rescue tube (unassisted) Rescue approach-front crawl with tube Entries-slide in, stride jump, compact jump. simple assist, active victim front/rear rescues, and passive victim front/rear rescue-with assistance/coaching Participate in all classroom activities and complete the written test with a minimum of 70% Feet first and head first surfaces dives Intro to walking assist-one and two-person Two person removal from the water-with assistance Demonstration of front and rear head hold escapes Start in the water, swim 20 yards using front crawl or breaststroke, surface dive, retrieve the 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps. Conscious Choking-Infant Giving Ventilations-Infant CPR-Adult/Child/Infant, with prompting if necessary Using an AED Shadowing Experience Splinting an Injured Arm Head Splint: Face-Down Victim at or Near the Surface (Shallow Water) Swim 200 yards continuously demonstrating breath control and rhythmic breathing using the front crawl, breaststroke or a combination of both.

Jr. LG Level 4 Complete Jr. LG Level 1-3 Submerge feet first or head first and swim underwater at a depth of 12 feet Throwing assist from the deck with lifesaving ring (unassisted) Rescue approach-breaststroke with tube simple assist, active victim front/rear rescues, and passive victim front/rear rescue unassisted Feet first and head first surface dives-to 12 feet Participate in all classroom activities and complete the written test with a minimum of 80% Walking assist one and two people Two person removal from the water-unassisted Successfully use both a front and rear head hold escape Giving Ventilations-Adult, Child, Infant CPR-Adult/Child/Infant Using an AED Shadowing Experience Splinting an Injured Foot Shallow Water Spinal Backboarding and Removal Lifeguarding Prerequisite: Tread water for 2 minutes with no hands Lifeguarding Prerequisite: Swim 300 yards continuously demonstrating breath control and rhythmic breathing using the front crawl, breaststroke or a combination of both. Lifeguarding Prerequisite: Complete a timed event within 1 minute, and 40 seconds. Starting in the water, swim 20 yards, with the face in or out of the water, using the front crawl or breaststroke or a combination of both; surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface; and exit the water without using a ladder or steps.

## STUDENT ASSESSMENT - what will be used to evaluate student progress and/or end-of-semester pass/fail status?

- 1) 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.

- 2) 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.

**Class-specific assessment:** Successful completion of each level requires participation in skills practice and completing all skills for the level. By the end of level 4, students must be able to complete the following Lifeguarding Prereqs: 1. Swim 300 yards using Front Crawl or Breast Stroke 2. Tread water for 2 min with no hands 3. Brick Retrieval Drill in 1min 40 Sec. from the Deep end, starting in the shallow end. ADDITIONAL RESOURCES: (online, books, video, etc.):

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

**Attendance: Call and email if you know you will be absent and try to schedule a make-up class with the Coordinator.**

**Behavior: Be respectful to the teacher and other students. Be willing to try new things but ask for help if needed. Come to class ready to learn in your swimsuit and a pair of goggles.**

**Weather: Look for an email or a text on the day of inclement weather to know if your class will still plan to meet or if alternate class times will be arranged.**