

## **OLYMPIC PENINSULA YMCA LIFEGUARD CERTIFICATION CLASS SYLLABUS**

### **Mountain View Pool (MVP) and Sequim**

April 11, 2022 – April 24, 2022

**Registration deadline:** Saturday April 2

Prerequisites: Age 16 by the last day of class

Swim Test: Sequim: April 2. RSVP to Kate Henninger

If you can't make either swim test, contact Kate Henninger prior to April 2<sup>nd</sup> to arrange for a swim test on another day.

Kate Henninger, Aquatics Director, Sequim, [kate@olympicpeninsulaymca.org](mailto:kate@olympicpeninsulaymca.org)

If you want to take this class:

Step 1: **Register** for the class by calling 360-477-4381 option 1 or email [kate@olympicpeninsulaymca.org](mailto:kate@olympicpeninsulaymca.org)

Class cost is \$50; scholarships are available, ask for information

Step 2: **Reserve your spot for a swim test** (see above) or make arrangements for a swim test on any day prior to April 2<sup>nd</sup>. Bring photo ID and proof of age to your swim test.

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 April 11<sup>th</sup> class. At the class on April 11, each student will be given a course manual (On the Guard), and Participant Guide. Each student will be given a thumb drive with videos to watch and study.

**CLASS FORMAT:** The class will include two online learning systems, in-person classes, and pool sessions. One online learning is the medical training through American Safety & Health Institute (ASHI/HSI). This online class is about 3-4 hours and **must be completed prior to April 11**. After completion of the swim test, you will receive a class link directly from American Safety and Health.

The second online learning is through the Y-USA website (Y ELearning). Those lessons should be completed as outlined in the syllabus below, but may all be completed in advance. It is important that each lesson is completed prior to the class date where that topic will be covered. You will be guided in setting up an account on the Y-USA (LCD) website where you will register for this online training.

Class locations: The classroom portion of this training will be conducted virtually. See notes below. Some pool modules will require you to travel to Sequim or Port Townsend

<b>Assignments</b>	<b>Date/Time</b>	<b>Classroom</b>	<b>Pool</b>	<b>Location</b>
Bring: Photo ID with proof of age  Bring bathing suit, goggles, towel	SWIM TEST Saturday April 2 11:00 am Sequim  Confirm your attendance by calling or emailing Kate Henninger at 360-477-4381 x330 <a href="mailto:kate@olympicpeninsulaymca.org">kate@olympicpeninsulaymca.org</a>	None	Swim testing	Sequim YMCA

All online medical (ASHI) training <b>must be complete by this date</b> Review digital BLS and Basic First Aid guides	Monday April 11 5:30 pm to 8:00 pm  KH	Basic Life Support AED	No Pool	Sequim YMCA
Review digital BLS and Basic First Aid guides	Tuesday April 12 5:30 pm to 8:00 pm  KH	First Aid Emergency Oxygen	No Pool	Port Townsend YMCA Mountain View Pool
Y eLearning: Lesson 1 Lesson 2: Prevention Part I Lesson 3: Prevention Part II Lesson 4: Recognize and Activate  Read: On the Guard Chapters 1-4	Thursday April 14  3:30 pm to 6:30 pm  GS	Course Introduction  Module 4: Lifeguard Procedures and Prevention; Rules and Regulations  Module 5: Accident Prevention; Scanning and Recognizing Potential Victims	No Pool	Virtual: link will be provided via email
Y eLearning: Lesson 5: Rescue and Care Lesson 6: Report  Read: On the Guard Chapter 5 - 8	Friday April 15 3:30 pm to 6:30 pm  GS	Module 6: Drowning Victims; Emergency Action Plans; Rescue Strokes, Equipment, and Assists  Module 7: Rescue Procedures Part I, Emergency Care, Lifeguard Responsibilities	No Pool	Virtual: link will be provided via email
<b>Watch videos:</b> Scanning Rotation Emergency Action Plan Non Swimming Assists Water Entries Approach Strokes Rescue Skills Removal from Water	Saturday April 16 9:30 am to 12:30 pm  KH	None	Rotations, Whistle signals, scanning practice  Module 4: Non-swimming rescues  Module 5: Distressed Swimmers	Port Townsend YMCA Mountain View Pool
<b>Watch videos:</b> Spinal injury rescues Using a Mask and Snorkel Rescue of a Scuba Diver Waterfront skills Responding to an Emergency  <b>Y eLearning:</b> Lesson 7: Slides and Tides <b>Read:</b> Chapters 8, Part II	Tuesday April 19 3:30 pm to 6:30 pm  GS	Module 8: Rescue Procedures, Part II  Module 9: Water-parks and Attractions; Guarding the Waterfront; Managing Outdoor Hazards		Virtual: link will be provided via email

Read: On the Guard Chapters 9-15  Y eLearning: Lesson 8: Off the Stand Lesson 9: End of Shift	Thursday April 21 3:30 pm to 6:30 pm  GS	Module 10: Understanding Pool Maintenance; Pursuing Your Job and Your Future  Course Review		Virtual: link will be provided via email
	Friday April 22 3:30 pm to 6:30 pm  KH	None	Meet on bleachers on the pool deck  Module 6: Unresponsive Victims  Module 7: Injured and Unresponsive Victims	Sequim YMCA
Bring fanny packs, CPR masks, whistles  Watch Videos: Spinal Injury Rescues Using a Mask & Snorkel Rescue of a Scuba Diver Waterfront Skills Responding to an Emergency	Saturday April 23 10:00 am to 2:00 pm  KH		Module 8: Spinal Injury Management	Port Townsend YMCA Mountain View Pool
Bring:  Fanny pack, whistle, towel, bathing suit  Bring all issued books to return	Sunday April 24 10:00 am to 3:00 pm  KH / GS / RM	Written test	Water test part 1 Water test parts 2, 3, 4	Sequim YMCA
	Monday April 25 3:30 pm to 4:30 pm  GS  OPTIONAL	Course wrap up, discuss application process, answer questions		Virtual: Link will be provided

## **IMPORTANT NOTES:**

• The swim testing will be on **Saturday April 2 or by appointment; see above**. Meet on the pool deck, ready to swim. Participants will complete the YMCA swim test. Bring goggles if you need them (they will be allowed for some portions of the test.) Bring proof of age (photo ID)

• Practice for the swim test! The description is below. You can also see a video of the swim test here:

<https://youtu.be/8g7ZV-sGtIY>

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

\*\*\*\*\* • All online BLS/FirstAid/Emergency Oxygen training must be completed by April 11 those who fail to complete this training on time will not be allowed to continue in the. 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.

• 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.

• Students must be on time for each class (early is better). **Classes cannot be made up. Check the syllabus to be sure you can get to each class.**

• Any student who is 20 minutes or more late to a class will be excused from training and may be offered the opportunity to take a future class.

• Come prepared to each class. Be prepared to participate. You will need access to a computer with internet and a webcam and microphone. If you don't have access to one, contact Rowen Matkins or Kate Henninger. You will be expected to have your video on at all times during virtual classes. Bring all issued equipment, books, and note-taking materials; do the required eLearning and reading. Students who do not complete assigned eLearning as assigned, may be excused from training.

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

• **Students must pass the swimming skills test on or before April 2<sup>nd</sup>. Students who cannot successfully demonstrate swimming skills will be offered an opportunity to take the next scheduled class. Start practicing your swimming skills now! If you have questions about the test or need to be shown a particular stroke, email [kate@olympicpeninsulaymca.org](mailto:kate@olympicpeninsulaymca.org) . If you need help getting pool time, let us know!**

## YMCA Swim Test Requirements

### **Phase 1**

- Tread water for 2 minutes
- Swim 100 yards of front crawl

### **Phase 2**

- Swim 50 yards each of:
  1. Front crawl with head up
  2. Sidestroke
  3. Breaststroke
  4. Breaststroke with head up
  5. Elementary backstroke kick with hands on chest/stomach
- No rest between strokes
- Perform feet first surface dive in 8 to 10 feet of water (or maximum depth of training facility). Then swim underwater for 15 feet.

### **Phase 3**

- Participants start in the water at shallow end.
- Sprint for a distance of approximately 60 feet, and then perform an arm-over-arm surface dive in 8 to 10 feet of water (or maximum depth of training facility).
- Pick up an object (dive ring) from the bottom of pool, surface, tread water for at least 1 minute with legs only, and replace the object back to the bottom of the pool where it was found.
- Swim the remaining length to end of pool, and hoist yourself out of water.
- Immediately begin compression on an adult manikin for 1 minute or 100 compressions; stand and listen to directions from instructor.