



**Course Title:* KAQUA 21-Lifeguard Training

**Department:* KAD

**Course Code:* Section 4886

**Units:* 2.0

**Days:* Wednesday

**Class Hours:* 6:00-8:30 pm

**Instructor:* Jim McCray
Pools

**Classroom:* 2714 Maggini Hall, Quinn Center

**E-mail:* jmccray@santarosa.edu

**Office:* Bailey Field

**Office Hours:* Monday/Wednesday – 5:30-6:00 pm

**Office Phone:* 237-1762

**Final Exam Date:* May 20, 6:00 pm

****TEXTS:** American Red Cross Lifeguarding Manual, 2016, (\$34.99). You can purchase the Lifeguarding Manual on line at the American Red Cross web site. To do so go to Redcross.org, Click on “Shop the Red Cross Store”, choose your category “Books & DVDs”, go to the category “Lifeguarding and Learn to Swim”, scroll to “Lifeguarding 2017” and select “American Red Cross Lifeguard Manual” and you will be able to purchase the book. If you search the internet for the Red Cross Lifeguarding Manual 2016 you may find a web site that will allow you to review the Lifeguarding text book for free on your computer. Here is a link.

<https://www.redcross.org/take-a-class/participant-materials>

Certificates: Fee \$42 (Required by American Red Cross) – Course certificates include; American Red Cross Lifeguard Training plus Waterfront Skills, basic first aid, CPR for the Professional Rescuer, and Title 22 First Aid for Public Safety Personnel. The certificate fee is due the last day of class for those who wish to receive their cards.

***COURSE OUTLINE OF RECORD:**

https://portal.santarosa.edu/SRWeb/SR_CourseOutlines.aspx?mode=1&CVID=36930&Semester=20177

***COURSE DESCRIPTION:** Orientation and instruction in lifeguard training skills to help students become aware of the common hazards associated with various types of aquatic facilities and develop the knowledge and skills to eliminate or minimize such hazards. This class includes certification in American Red Cross Waterfront Lifeguarding or Lifeguarding, basic first aid, CPR for the Professional Rescuer, and Title 22 First Aid for Public Safety Personnel. Completion of the Lifeguarding class will give students all certifications necessary to be a lifeguard in the State of California.

***PREREQUISITES:** The American Red Cross Waterfront Skills Module requires that candidates be 15 years old before the start of the class and that students complete the following skills:

1. Swim 550 yards (about 500 meters) continuously demonstrating breath control and rhythmic breathing. Students must demonstrate the ability to swim both front crawl (freestyle) and breaststroke.

2. Tread water for two (2) minutes using only the legs.
3. Complete the following within one minute and forty seconds. Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7–10 feet, retrieve a 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.
4. Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4–7 feet of water, resurface and swim 5 yards to the side of the pool.

The American Red Cross Lifeguarding Course requires that candidates be 15 years old before the start of the class and that students complete the following skills:

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Students must demonstrate the ability to swim both front crawl (freestyle) and breaststroke.
2. Tread water for two (2) minutes using only the legs.
3. Complete the following within one minute and forty seconds. Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7–10 feet, retrieve a 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.

***COURSE CONTENT:** Student Learning Outcomes:

1. Independently supervise an aquatic facility as a Lifeguard.
2. Demonstrate the knowledge and ability to perform advanced water safety techniques.
3. Identify and resolve potential facility and patron hazards in regards to safety.

****COURSE OBJECTIVES:** Upon completion of this course, learners will:

- A. Understand the value of behaving in a professional manner.
- B. Learn how to identify behaviors of a swimmer, distressed swimmer and an active or passive drowning victim.
- C. Describe conditions that affect surveillance at an aquatic facility.
- D. Understand the components of an emergency action plan and how to activate it.
- E. Understand the general procedures for an emergency occurring in the water or on land.
- F. Demonstrate how to perform equipment-based rescues.
- G. Describe and demonstrate how to perform the skills used in special rescue situations, such as missing person procedures and cold-water rescue.
- H. Demonstrate how to perform water-specific rescue skills for an aquatic facility.
- I. Learn how to provide first aid and how to care for breathing and cardiac emergencies.
- J. Learn how to recognize and care for possible head, neck or back injuries.

****EQUIPMENT:** The following equipment will be used:

1. Pocket Mask (\$8 to \$15). Purchased from Red Cross/Instructor.
2. Swim suit, goggles, and towel.
3. Appropriate, loose, comfortable and flexible layers clothing.

****INSTRUCTIONAL METHODS:**

- Lecture
- Videos

- Class Discussions
- Cooperative Grouping
- Small Group/Partnering
- Student Participation
- Skill Practice and Demonstrations

*ASSIGNMENTS AND GRADING –

Representative assignments may include:

1. Reading text.
2. Skill practice and verification.
3. Written tests reinforce the concepts listed above.
4. Final skill exams.

*EVALUATION AND GRADING POLICY: This is where you outline how you will evaluate and the grade process.

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|---|------------|
| 1. SKILL DEMONSTRATION | 20% - 40%. |
| 2. EXAMINATIONS (written and practical) | 20% - 40% |
| 3. ATTENDANCE | 40% - 60% |
| 4. MAKEUP POLICY - MAKEUPS NONE AVAILABLE | |

*GRADING POLICY: It is the student's responsibility to be aware of his/her grade at all times. It is suggested an online folder be maintained with class notes, and handouts. Keep record of attendance and participation in class with specific dates

A = 94-100

B = 87-93

C = 80-86

D = 65-79

F = 65- downward

*ATTENDANCE: Attendance is very important in this class as we will be meeting one day a week and moving through significant amounts of material in class. Also, class participation represents a portion of your grade, so all students are expected to complete the assigned readings, and be ready to participate in class and on responses. Reading responses, class writes, quizzes, and class participation missed due to absences **may not** be made up. There will be no distinction between "excused" or "unexcused" absences, with the exception of an emergency or death in the family. Your professor has been around long enough to surmise that poor attendance is almost always related to poor performance in class. It is definitely in your best interest to attend faithfully. If you have an emergency which precludes you from attending class, please arrange to get notes from a classmate. To this end, I recommend you get the phone number/email of someone in this class on whom you may depend.

*LATE WORK/MAKE-UP EXAM POLICY:

If you are a student who represents SRJC in an off campus activity, you must get a schedule to the professor ASAP and email at least one week before the absence that you will be gone. All work must be handed in ahead of the absence or online per Instructor's directions.

*ACADEMIC DISHONESTY: Any student who employs dishonest tactics shall be subject to action ranging from severe reprimand to a grade of "F." Academic work is evaluated on the assumption that the work presented is the student's own newly composed, unless designated otherwise. Cheating, and other forms of academic dishonesty or facilitating any such act are not acceptable conduct at Santa Rosa Junior College. Every student is responsible for understanding the categories as listed in the SRJC Student Handbook.

****CELL PHONES/LAPTOPS/MP3 PLAYERS/GUM CHEWING:** It is the College's expectation that each and every student, and the professor, will take into consideration respect for the learning environment by turning off all devices with noise and limiting use within the class time. If an emergency exists that precludes adherence to this request, special permission may be granted by the professor to keep a device on a vibration setting. ***The penalty for breach of this mandate is simple and swift; the offending party will graciously provide a healthy treat for the entire class at the next scheduled class session.***

*** STUDENT CONDUCT**

We will conduct ourselves in a manner which reflects our awareness of common standards of decency and the rights of others. All students are expected to know the Student Conduct Code (http://www.santarosa.edu/for_students/rules-regulations/scs/section1.shtml) and adhere to it in this class. Students who violate the code may be suspended from two (2) classes and referred to Vice President of Student Services for discipline.

SRJC CAMPUSES: Please remember that SRJC is not crime free. Please practice safety awareness procedures such as using the buddy system and being vigilant in all closed areas (restrooms/locker rooms) and in parking lots when coming or going from your car. In case of Emergency: **CALL CAMPUS POLICE AT 527-1000 (just the extension 1000 from an on-campus phone) or call the POLICE at 911.**

Respect

The best way to learn is through active participation; therefore, we respect others when talking by being on-time, listening actively, and by being polite even when we disagree with another's viewpoint. Please turn off all electronic devices. If you use a laptop for note taking, turn the sound off. No food in class please.

*Academic Integrity

All written work is to be original; plagiarism of any kind will result in a failing grade on that assignment. Students who plagiarize or cheat may be suspended [for one or two class meetings by the instructor] and referred to the Vice President of Student Services for discipline sanction, in cases of egregious violation. Please read the college policy/procedure on academic integrity at:

<http://www.santarosa.edu/polman/3acadpro/3.11P.pdf>

*Emergency Evacuation Plan

In the event of an emergency during class that requires evacuation of the building, please leave the class immediately, but calmly. Our class will meet at to make sure everyone got out of the building safely and to receive further instructions. If you are a student with a disability who may need assistance in an evacuation, please see me during my office hours as soon as possible so we can discuss an evacuation plan.

In the event of instances which involve the presence of blood and/or other body fluids, universal precautions will be followed. These precautions include: using gloves, careful waste disposal, adequate disinfections, modification of CPR, and hand washing.

*Accommodations for Students with Disabilities

If you need disability related accommodations for this class, such as a note taker, test taking services, special furniture, etc., please provide the Authorization for Academic Accommodations (AAA letter) from the Disability Resources Department (DRD) to the instructor as soon as possible. You may also speak with the instructor privately during office hours about your accommodations. If you have not received authorization from DRD, it is recommended that you contact them directly. DRD is located in Analy Village on the Santa Rosa campus, and Jacobs Hall on the Petaluma Campus.

If you have medical concerns or any other personal problem which may be a factor in your performance within this class structure, please feel welcome to **confidentially** discuss this with your instructor.

****DISCLAIMER:** This syllabus may need to be amended from time to time. Students will be notified of specific changes **during a regularly scheduled class meeting**. The course schedule is a guideline for you to follow, but changes are possible as we progress through the material and course. The professor reserves the right to make changes that benefit the majority of the students and allow for student learning outcomes to be enhanced. **It is the responsibility of the student to ensure he/she has the latest version of the course syllabus. When in doubt, check with the Professor and on Moodle.**

****IMPORTANT DATES FOR STUDENTS TO KNOW FOR FALL 2018**

January 19th – Last day to Register/Add without Instructor's signature or an add code

January 20th – Dr. Martin Luther King Jr. Holiday

January 21st - Instructor Professional Development Day (no classes)

January 26th – Last Day to drop with a full refund

February 2nd – Last day to Register/Add with Instructor's signature or an add code

February 2nd – Last day to drop a class without a W

February 13th – Instructor Professional Development Day (no classes)

February 14th – Lincoln's Day Holiday

February 17th – Washington Day Holiday

February 23rd – Last day to opt for Pass/No Pass

March 16th – 22th – Spring Break

April 19th – Last day to drop a class with a W

May 20th – Final Exam