



**American Red Cross  
Lifeguarding  
Grades 9-12**

**Unit #1**

<b>Course/Subject:</b> American Red Cross Lifeguarding	<b>Grade:</b> 9-12	<b>Suggested Timeline:</b> 2 days per 6 day cycle for one semester
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<b>Grade Level Summary</b>	This course is the nationally recognized American Red Cross Lifeguarding program. This course prepares students to become professional lifeguards by introducing them to concepts and skills necessary to both prevent and respond to aquatic emergencies. The content of this course includes water rescue, cardiopulmonary resuscitation (CPR), automated external defibrillator (AED) and first aid. Successful candidates will receive American Red Cross Certification in Lifeguarding, CPR/AED for the Professional Rescuer and First Aid. Certification is valid for two years from the date of the last class session.
<b>Grade Level Units</b>	<b>Unit 1 : The Professional Lifeguard</b> Unit 2: Aquatic Rescues Unit 3: Responding to Emergencies Unit 4: First Aid

<b>Unit Title</b>	The Professional Lifeguard
<b>Unit Summary</b>	In the Professional Lifeguard Unit, the student will understand the primary responsibility of a lifeguard is to help protect the lives of people in a variety of aquatic activities. This requires the lifeguard to maintain a high level of knowledge and skills necessary for a Professional Rescuer. Students will understand the benchmarks for lifeguard performance as well as for facility lifeguard operations.

<b>Unit Essential Questions:</b> <ol style="list-style-type: none"> <li>1. What is the primary duty of a Professional Lifeguard?</li> <li>2. What are the legal responsibilities of a Professional Lifeguard?</li> </ol>	<b>Key Understandings:</b> <ol style="list-style-type: none"> <li>1. The primary responsibility of a lifeguard is to prevent drowning and other injuries from occurring at their facility.</li> <li>2. Secondary responsibilities are also required but should never interfere with the lifeguards primary responsibility.</li> <li>3. Lifeguards have a legal responsibility to act in an emergency.</li> <li>4. Professional Lifeguards must be willing to be a leader as well as a good team member.</li> </ol>
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<b>Focus Standards Addressed in the Unit:</b>	
<b><i>Standard Number</i></b>	<b><i>Standard Description</i></b>
10.3.9.A	Analyze the role of individual responsibility for safe practices and injury prevention in the home, school and community.
103.12.A	Assess the personal and legal consequences of unsafe practices in the home, school or community.

<b>Important Standards Addressed in the Unit:</b>	
10.3.9.B	Describe and apply strategies for emergency and long-term management of injuries.
10.4.9.F	Analyze the effects of positive and negative interactions of adolescent group members in physical activities.
10.4.12.F	Assess and use strategies for enhancing adult group interaction in physical activities.
10.5.9.C	Identify and apply practice strategies for skill improvement.
10.5.12.C	Evaluate the impact of practice strategies on skill development and improvement.

<b>Misconceptions:</b> <ul style="list-style-type: none"> <li>• Lifeguarding is an easy job that enables you to get a great tan.</li> </ul>	<b>Proper Conceptions:</b> <ul style="list-style-type: none"> <li>• Lifeguarding is not an easy job. In an aquatic emergency, the Lifeguard needs to react quickly and confidently. The Professional Lifeguard needs to demonstrate maturity, professionalism and competence in specialized rescue techniques.</li> </ul>
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Knowledge & Concepts	Skills & Competencies	Dispositions & Practices
<ul style="list-style-type: none"> <li>• The student will understand and follow the Natatorium safety rules in this class.</li> <li>• The student will be able to describe the characteristics and responsibilities of a professional lifeguard.</li> <li>• Students will understand the legal ramifications of being a professional lifeguard.</li> </ul>	<ul style="list-style-type: none"> <li>• The student will adhere to the Natatorium safety rules at all times in this class.</li> <li>• The student will demonstrate the mastery of these skills by analyzing and applying the correct strategies for the management of injuries in life threatening and land based scenarios.</li> </ul>	<ul style="list-style-type: none"> <li>• The student will understand that a professional lifeguard takes the responsibility for the lives of people who are participating in a variety of aquatic activities and their facility.</li> <li>• A professional lifeguard must be self-disciplined and confident in their knowledge and skills.</li> </ul>

#### Academic Vocabulary:

<ul style="list-style-type: none"> <li>• Emergency Action Plans</li> <li>• The Drowning process</li> <li>• Duty to Act</li> <li>• Negligence</li> <li>• Abandonment</li> <li>• Refusal of Care</li> </ul>	<ul style="list-style-type: none"> <li>• DECIDE Process</li> <li>• Distressed swimmer</li> <li>• Active drowning victim</li> <li>• Passive drowning victim</li> <li>• Scanning</li> <li>• RID Factor</li> </ul>	<ul style="list-style-type: none"> <li>• Critical incident stress</li> <li>• Recreational Water Incidents</li> <li>• Emergency Action Plans</li> <li>• Surveillance Zones</li> </ul>
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#### Assessments:

<ul style="list-style-type: none"> <li>• Student self-check, Teacher feedback, Peer feedback, skill check</li> <li>• Chapter homework</li> <li>• Cognitive assessments</li> <li>• Final in-water scenario tests</li> </ul>
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#### Differentiation:

<ul style="list-style-type: none"> <li>• The American Red Cross requires candidates to pass a pre-requisite test including swimming 300 yards with correct freestyle or breaststroke, retrieving a brick off the bottom of the pool in a 1:40 from 20 yards out, and treading water for 2 minutes using only their legs. If the student cannot pass this in water pre-requisites, the student may take the class but will not receive American Red Cross certification.</li> </ul>
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#### Interdisciplinary Connections:

<ul style="list-style-type: none"> <li>• Physics - scientific principles are mentioned throughout the course to improve effectiveness of lifeguard skills.</li> </ul>
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**Additional Resources:**

- American Red Cross Lifeguarding manual
- American Red Cross Lifeguarding videos
- Ventilation Masks
- CPR Manikins
- AED Trainer

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**Created By:**

Cynthia A. Ebner

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**American Red Cross  
Lifeguarding  
Grades 9-12**

**Unit #2**

**Course/Subject:**  
American Red Cross  
Lifeguarding

**Grade:**  
9-12

**Suggested Timeline:**  
2 days per 6 day cycle for  
one semester

**Grade Level  
Summary**

This course is the nationally recognized American Red Cross Lifeguarding program. This course prepares students to become professional lifeguards by introducing them to concepts and skills necessary to both prevent and respond to aquatic emergencies. The content of this course includes water rescue, cardiopulmonary resuscitation (CPR), automated external defibrillator (AED) and first aid. Successful candidates will receive American Red Cross certification in Lifeguarding, CPR/AED for the Professional Rescuer and First Aid. Certification is valid for two years from the date of the last class session.

**Grade Level Units**

Unit 1 : The Professional Lifeguard  
**Unit 2: Aquatic Rescues**  
Unit 3: Responding to Emergencies  
Unit 4: First Aid

**Unit Title**

Aquatic Rescues

**Unit Summary**

In the Aquatic Rescue Unit the student will have the opportunity to learn the various skills required to rescue the different types of aquatic emergencies. The student will demonstrate how to safely and effectively assist a distressed swimmer, rescue an active and passive victim, rescue multiple victims, and rescue a submerged victim in shallow or deep water.

**Unit Essential Questions:**

1. What type of drowning is the victim experiencing?

**Key Understandings:**

1. The student will demonstrate various rescue techniques depending on the type of aquatic emergency.

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**Focus Standards Addressed in the Unit:**

<b><i>Standard Number</i></b>	<b><i>Standard Description</i></b>
10.3.9.A	Analyze the role of individual responsibility for safe practices and injury prevention in the home, school and community.
103.12.A	Assess the personal and legal consequences of unsafe practices in the home, school or community.

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**Important Standards Addressed in the Unit:**

10.3.9.B	Describe and apply strategies for emergency and long-term management of injuries.
10.4.9.F	Analyze the effects of positive and negative interactions of adolescent group members in physical activities.
10.4.12.F	Assess and use strategies for enhancing adult group interaction in physical activities.
10.5.. 9.C	Identify and apply practice strategies for skill improvement.
10.5.12.C	Evaluate the impact of practice strategies on skill development and improvement.

<b>Misconceptions:</b>	<b>Proper Conceptions:</b>
<ul style="list-style-type: none"><li>● Drowning victims want to be rescued and will cooperate with the rescue.</li></ul>	<ul style="list-style-type: none"><li>● Drowning victims often panic and will do anything to keep their face above the water, including clinging to or submerging the rescuer.</li></ul>

<b>Knowledge &amp; Concepts</b>	<b>Skills &amp; Competencies</b>	<b>Dispositions &amp; Practices</b>
<ul style="list-style-type: none"><li>● The student will understand and follow the Natatorium safety rules in this class.</li><li>● The student will be able to identify the different types of drowning victims.</li></ul>	<ul style="list-style-type: none"><li>● The student will adhere to the Natatorium safety rules at all times in this class.</li><li>● The student will demonstrate the mastery of these skills by analyzing and applying the correct strategies for the management of injuries in life threatening and land based scenarios.</li></ul>	<ul style="list-style-type: none"><li>● The student will always be prepared to enter the water to make the appropriate rescue when on duty.</li></ul>

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**Academic Vocabulary:**

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| <ul style="list-style-type: none"><li>● Reaching Assists</li><li>● Simple Assists</li><li>● Active Victim Front Rescue</li><li>● Active Victim Rear Rescue</li></ul> | <ul style="list-style-type: none"><li>● Passive Victim Rear Rescue</li><li>● Multiple Victim Rescue</li><li>● Stride Jump Entry</li></ul> | <ul style="list-style-type: none"><li>● Slide In Entry</li><li>● Compact Jump Entry</li></ul> |
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**Assessments:**

- Student self-check, Teacher feedback, Peer feedback, skill check
  - Chapter homework
  - Cognitive assessments
  - Final in-water scenario tests
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**Differentiation:**

- The American Red Cross requires candidates to pass a pre-requisite test including swimming 300 yards with correct freestyle or breaststroke, retrieving a brick off the bottom of the pool in 1:40 from 20 yards out, and treading water for 2 minutes using only their legs. If the student cannot pass this in water pre-requisites, the student may take the class but will not receive American Red Cross certification.
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**Interdisciplinary Connections:**

- Physics - scientific principles are mentioned throughout the course to improve effectiveness of lifeguard skills.
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**Additional Resources:**

- American Red Cross Lifeguarding manual
  - American Red Cross Lifeguarding videos
  - CPR Manikins
  - Ventilation Masks
  - AED Trainer
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**Created By:**

Cynthia A. Ebner

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**American Red Cross  
Lifeguarding  
Grades 9-12**

**Unit #3**

**Course/Subject:**  
American Red Cross  
Lifeguarding

**Grade:**  
9-12

**Suggested Timeline:**  
2 days per 6 day cycle for  
one semester

**Grade Level  
Summary**

This course is the nationally recognized American Red Cross Lifeguarding program. This course prepares students to become professional lifeguards by introducing them to concepts and skills necessary to both prevent and respond to aquatic emergencies. The content of this course includes water rescue, cardiopulmonary resuscitation (CPR), automated external defibrillator (AED) and first aid. Successful candidates will receive American Red Cross certification in Lifeguarding, CPR/AED for the Professional Rescuer and First Aid. Certification is valid for two years from the date of the last class session.

**Grade Level Units**

Unit 1 : The Professional Lifeguard  
Unit 2: Aquatic Rescues  
**Unit 3: Responding to Emergencies**  
Unit 4: First Aid

**Unit Title**

Responding to Emergencies

**Unit Summary**

After rescuing a victim from the water, the next step a lifeguard must perform is a correct primary assessment of the victim. When caring for a victim, it is important that the lifeguard take the correct precautions to protect themselves and others from infectious disease. The student will also learn how to safely and effectively extricate an unresponsive victim from the water using a backboard. The student will also demonstrate how to care for victims with head, neck and spinal injuries in shallow and deep water.

<b>Unit Essential Questions:</b> <ol style="list-style-type: none"> <li>1. What are the steps of a Primary Assessment?</li> <li>2. What are the signs and symptoms of head, neck or spinal injuries?</li> </ol>	<b>Key Understandings:</b> <ol style="list-style-type: none"> <li>1. The student will demonstrate how to correctly size up the scene, use standard precautions, check for consciousness, and perform correct rescue breathing, cardiopulmonary resuscitation and/or use and automated external defibrillator correctly.</li> <li>2. The student will demonstrate how to care for victims with head, neck and spinal injuries in shallow and deep water.</li> </ol>
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<b>Focus Standards Addressed in the Unit:</b>	
<b><i>Standard Number</i></b>	<b><i>Standard Description</i></b>
10.3.9.A	Analyze the role of individual responsibility for safe practices and injury prevention in the home, school and community.
103.12.A	Assess the personal and legal consequences of unsafe practices in the home, school or community.

<b>Important Standards Addressed in the Unit:</b>	
10.3.9.B	Describe and apply strategies for emergency and long-term management of injuries.
10.4.9.F	Analyze the effects of positive and negative interactions of adolescent group members in physical activities.
10.4.12.F	Assess and use strategies for enhancing adult group interaction in physical activities.
10.5.9.C	Identify and apply practice strategies for skill improvement.
10.5.12.C	Evaluate the impact of practice strategies on skill development and improvement.

<b>Misconceptions:</b> <ul style="list-style-type: none"> <li>• It is easy to assess a victim with a breathing or cardiac emergency.</li> <li>• It doesn't really matter if the victim has a head, neck or back injury. The important thing is to remove them from the water.</li> </ul>	<b>Proper Conceptions:</b> <ul style="list-style-type: none"> <li>• Correct assessment of victims with breathing or cardiac emergencies is difficult.</li> <li>• Proper removal from the water is critical when caring for a victim of a head, neck and back injury.</li> </ul>
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<b>Knowledge &amp; Concepts</b>	<b>Skills &amp; Competencies</b>	<b>Dispositions &amp; Practices</b>
<ul style="list-style-type: none"> <li>● The student will understand and follow the Natatorium safety rules in this class.</li> <li>● Students will understand the benefit of giving ventilations in a breathing emergency.</li> <li>● Students will understand that performing cardiopulmonary resuscitation and using automated external defibrillators will increase the chance of victim survival.</li> <li>● Students will understand the importance of in-line stabilization when rescuing a victim with a head, neck or back injury.</li> </ul>	<ul style="list-style-type: none"> <li>● The student will adhere to the Natatorium safety rules at all times in this class.</li> <li>● The student will demonstrate the mastery of these skills by analyzing and applying the correct strategies for the management of injuries in life threatening and land based scenarios.</li> </ul>	<ul style="list-style-type: none"> <li>● Students will be able to correctly assess different victims and be able to give the appropriate emergency care.</li> </ul>

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#### **Academic Vocabulary:**

<ul style="list-style-type: none"> <li>● Bloodborne pathogens</li> <li>● Carotid pulse</li> <li>● Brachial pulse</li> <li>● Bag-Valve Mask (BVM) Resuscitation</li> <li>● Cardiac Chain of Survival</li> </ul>	<ul style="list-style-type: none"> <li>● Cardiac Arrest</li> <li>● Primary Assessment</li> <li>● Secondary Assessment</li> <li>● One-rescuer CPR</li> <li>● Two-Rescuer CPR</li> <li>● Automated External Defibrillator (AED)</li> </ul>	<ul style="list-style-type: none"> <li>● Recovery position</li> <li>● Over-Arm Head Splint</li> <li>● Head Splint</li> <li>● Manual In-line Stabilization</li> <li>● Conscious and Unconscious Choking Victims</li> </ul>
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#### **Assessments:**

<ul style="list-style-type: none"> <li>● Student self-check, Teacher feedback, Peer feedback, skill check</li> <li>● Chapter homework</li> <li>● Cognitive assessments</li> <li>● Final in-water scenario test</li> </ul>
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**Differentiation:**

- The American Red Cross requires candidates to pass a pre-requisite test including swimming 300 yards with correct freestyle or breaststroke, retrieving a brick off the bottom of the pool in a certain amount of time and treading water for 2 minutes using only their legs. If the student cannot pass this in water pre-requisites, the student may take the class but will not receive American Red Cross certification.
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**Interdisciplinary Connections:**

- Biology - basic understanding of the body systems is helpful.
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**Additional Resources:**

- American Red Cross Lifeguarding manual
  - American Red Cross Lifeguarding videos
  - CPR Manikins
  - Ventilation Masks
  - AED Trainer
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**American Red Cross  
Lifeguarding  
Grades 9-12**

**Unit #4**

**Course/Subject:**  
American Red Cross  
Lifeguarding

**Grade:**  
9-12

**Suggested Timeline:**  
2 days per 6 day cycle for  
one semester

**Grade Level  
Summary**

This course is the nationally recognized American Red Cross Lifeguarding program. This course prepares students to become professional lifeguards by introducing them to concepts and skills necessary to both prevent and respond to aquatic emergencies. The content of this course includes water rescue, cardiopulmonary resuscitation (CPR), automated external defibrillator (AED) and first aid. Successful candidates will receive American Red Cross certification in Lifeguarding, CPR/AED for the Professional Rescuer and First Aid. Certification is valid for two years from the date of the last class session.

**Grade Level Units**

Unit 1 : The Professional Lifeguard  
Unit 2: Aquatic Rescues  
Unit 3: Responding to Emergencies  
**Unit 4: First Aid**

**Unit Title**

First Aid

**Unit Summary**

In this unit the student will learn how to recognize and care for non-life threatening conditions. The student will understand the importance of First Aid assessment and treatment in the duties of a Lifeguard. The student will understand they must always gain the conscious patrons consent before providing any type of First Aid.

**Unit Essential Questions:**

1. What are the steps of a Secondary Assessment?

**Key Understandings:**

1. The student will understand how to recognize and care for a victim of sudden illness, injuries and shock.
2. Students will demonstrate the ability to control external bleeding.
3. Students will be able to identify how to recognize and care for a victim of poisoning, heat-related illnesses and cold-related emergencies.

**Focus Standards Addressed in the Unit:**

<b><i>Standard Number</i></b>	<b><i>Standard Description</i></b>
10.3.9.A	Analyze the role of individual responsibility for safe practices and injury prevention in the home, school and community.
103.12.A	Assess the personal and legal consequences of unsafe practices in the home, school or community.

**Important Standards Addressed in the Unit:**

10.3.9.B	Describe and apply strategies for emergency and long-term management of injuries.
10.4.9.F	Analyze the effects of positive and negative interactions of adolescent group members in physical activities.
10.4.12.F	Assess and use strategies for enhancing adult group interaction in physical activities.
10.5.9.C	Identify and apply practice strategies for skill improvement.
10.5.12.C	Evaluate the impact of practice strategies on skill development and improvement.

**Misconceptions:**

- First Aid is not a part of a Lifeguard's job description.

**Proper Conceptions:**

- The student will understand that First Aid is an important part of a the duties of a Lifeguard.

<b>Knowledge &amp; Concepts</b>	<b>Skills &amp; Competencies</b>	<b>Dispositions &amp; Practices</b>
<ul style="list-style-type: none"> <li>• The student will understand and follow the Natatorium safety rules in this class.</li> <li>• Students will understand the concepts of basic First Aid care..</li> </ul>	<ul style="list-style-type: none"> <li>• The student will adhere to the Natatorium safety rules at all times in this class.</li> <li>• The student will demonstrate the mastery of these skills by analyzing and applying the correct strategies for the management of injuries in life threatening and land based scenarios.</li> </ul>	<ul style="list-style-type: none"> <li>• Students will be able to identify and treat the common First Aid injuries and illnesses that may happen in an aquatic environment.</li> </ul>

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**Academic Vocabulary:**

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|--|---|---|
| <ul style="list-style-type: none"><li>• Secondary Assessment</li><li>• Abrasion Wound</li><li>• Laceration Wound</li><li>• Avulsion Wounds</li><li>• Puncture Wounds</li></ul> | <ul style="list-style-type: none"><li>• Shock</li><li>• Heat Cramp</li><li>• Heat Exhaustion</li><li>• Fracture</li><li>• Dislocation</li></ul> | <ul style="list-style-type: none"><li>• Sprain</li><li>• Strain</li><li>• Allergic Reaction</li><li>• Diabetes</li><li>• Seizure</li><li>• Stroke</li></ul> |
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**Assessments:**

- Student self-check, Teacher feedback, Peer feedback, skill check
  - Chapter homework
  - Cognitive assessments
  - Final in-water scenario tests
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**Differentiation:**

- The American Red Cross requires candidates to pass a pre-requisite test including swimming 300 yards with correct freestyle or breaststroke, retrieving a brick off the bottom of the pool in 1:40 from 20 yards out, and treading water for 2 minutes using only their legs. If the student cannot pass this in water pre-requisites, the student may take the class but will not receive American Red Cross certification.
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**Interdisciplinary Connections:**

- Biology - basic understanding of the various body systems is helpful.
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**Additional Resources:**

- American Red Cross Lifeguarding manual
  - American Red Cross Lifeguarding videos
  - CPR Manikins
  - Ventilation Masks
  - AED Trainer
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