



STREAMLINE HEALTH SERVICES' LIFEGUARD TRAINING FORMS

Welcome! Please PRINT and READ the information below. The following **Precourse Work must be completed by the first class date.** Please feel free to contact us with any questions at 877 – 404 – 0056. Thank you!

PRE COURSE WORK | Complete Before First Class Date

The Lifeguard Training course has precourse work, which must be completed prior to the first class date. Please follow directions carefully:

1. **PRINT AND REVIEW STREAMLINE HEALTH SERVICES' TRAINING FORMS:** review training forms prior to taking the ARC online course. While taking the ARC online course, you will come across many answers to the study guide questions located on page 2-4 of this document. Training Form are located on the COURSE MANUALS page of StreamlineHealth.com.
2. **COMPLETE ARC ONLINE COURSE:** the ARC requires participants to complete an online course prior to the first class date. The ARC online course will take approximately 8 hours to complete. Follow the directions located on the ONLINE COURSE STEPS page of StreamlineHealth.com. LIFEGUARD RECERTS - Do not need to complete the ARC Online Course.
3. **DOWNLOAD OR PRINT COURSE MANUALS:** Use StreamlineHealth.com website to download or print the ARC Lifeguard Training course manual. Please bring the ARC Lifeguard Training course manual to class.

WHAT TO BRING TO CLASS

- Lifeguard Training Manual (download or print)
- Training Forms (print)
- Proof of Age
- Proof of ARC Online Course Completion
- Lifeguard Recerts – Proof of current ARC certifications: Lifeguard; First Aid; CPR/AED Professional Rescuer
- CPR Mask (if not purchased)
- Bathing Suit (one piece suits for females); Rash Guard/Wetsuit (optional)
- Towel; Sun Block; Paper and Writing Utensil; Lunch or Lunch Money

AMERICAN RED CROSS | HOW TO PRINT YOUR CERTIFICATION

STEP 1 – Profile login <https://classes.redcross.org>

STEP 2 – Login with the username and password you created during online course

STEP 3 – Click “My Learning, My Transcripts; Print Certifications”

***NOTE:** Streamline Health Services does not have administrative access to your American Red Cross Learning Center Profile. If you cannot remember your username and password or you need help accessing your electronic certification, please contact 1-800-Red Cross. Thank you!



www.StreamlineHealth.com

AMERICAN RED CROSS STANDARDS: PROFESSIONAL RESCUER ADULT, CHILD, INFANT

STEPS BEFORE YOU ADMINISTER CARE – Check, Call, Care (CCC)

- 1) **CHECK THE SCENE** - *Ensure Your Safety before you enter a scene*
 - ✓ 18 years and older - obtain consent from patient if conscious, consent is implied if unconscious
 - ✓ 18 years and younger - obtain consent from parent or guardian, if not present, consent is implied
- 2) **CHECK FOR RESPONSIVENESS** - *Tap and Shout "Are you Okay? Are you Okay?"*
- 3) **CALL EMS OR 911**
- 4) **UNIVERSAL PRECAUTIONS** – *i.e. gloves, breathing barrier, eyewear*

A - B - C = AIRWAY, BREATHING, CIRCULATION

ADULT OR "CARDIAC" PROTOCOL

Check Airway, Breathing, Circulation - at the same time for 10 seconds

NOTE: if Drowning Victim - Check ABC - at the same time for 10 seconds; then give 2 Breaths to eliminate obstruction

CHILD/INFANT OR "OBSTRUCTION" PROTOCOL

Check Airway, Breathing, Circulation - at the same time for 10 seconds; then give 2 Breaths to eliminate obstruction

NOTE: if a Child Collapses to the ground - Check Airway, Breathing, Circulation - at the same time for 10 seconds

SCENARIOS - TREATMENTS

- 1) **RESCUE BREATHING** - *NO Breathing, HAS Palpable Pulse*
 - Adult – 1 breath every 5 seconds (*24 breaths in 2 minutes*)
 - Child, Infant – 1 breath every 3 seconds (*40 breaths in 2 minutes*)
 - ✓ Administer Rescue Breathing for 2 minutes and Reassess for no more than 10 seconds
- 2) **CARDIOPULMONARY RESUSCITATION (CPR)** - *NO Breathing, NO Palpable Pulse*
 - One or Two Rescuer Adult – 30 compressions 2 breaths (*Compression depth: at least 2 inches*)
 - One Rescuer Child – 30 compressions 2 breaths (*Compression depth: about 2 inches*)
 - One Rescuer Infant – 30 compressions 2 breaths or puff (*Compression depth: about 1-1/2 inches*)
 - Two Rescuer Child and Infant – 15 compressions 2 breaths
 - ✓ 5 cycles in 2 minutes; 30 compressions in 18 seconds
 - ✓ Two Man Child / Infant: 10 cycles in 2 minutes; 15 compressions in 9 seconds
 - ✓ Adult / Child – continue until an AED or Higher Medical trained personnel arrive and take over care
 - ✓ Infant – continue until Higher Medical trained personnel arrive and take over care
- 3) **OBSTRUCTION OF AIRWAY** - *BREATHS DO NOT ENTER AND CHEST DOES NOT CLEARLY RISE OR FALL*
 - Adult, Child, Infant – 2 breaths, Retilt head, 1 breaths, 30 Chest Thrusts, Visual Finger Sweep
 - ✓ Repeat until administered breaths GO IN and the CHEST Clearly RISES and FALLS

REASONS YOU MAY LEGALLY STOP CARE ONCE STARTED

- 1) Equal or Higher Medical Authority arrive and take over care
- 2) AED becomes available – *AED may interrupt CPR in progress*
- 3) You are too tired to continue care
- 4) Scene becomes unsafe
- 5) Notice obvious signs of life

PROFESSIONAL RESCUER FACT SHEET

ADULT FACTS

<u>AGE</u>	Older than Puberty (12 to 14 years old)
<u>AVERAGE HEART RATE</u>	60 to 100 / per minute
<u>RESCUE BREATHING</u> NO Breathing, HAS a Palpable Pulse	1 Breath every 5 seconds 24 breaths = 2 minutes (each breath should be 1 second in length)
<u>CPR</u> NO Breathing, NO Palpable Pulse	One Man: 30 Compressions, 2 Breaths (100 compressions in 1 minute) Two Man: 30 Compressions, 2 Breaths 30 Compressions in 18 seconds (5 cycles = 2 minutes) Compression Depth: at least 2 inches

CHILD FACTS

<u>AGE</u>	1 year old to Puberty (12 years old) Puberty for Females: breast development Puberty for Males: hair on chest or under arms
<u>AVERAGE HEART RATE</u>	100 - 120 / per minute
<u>RESCUE BREATHING</u> NO Breathing, HAS a Palpable Pulse	1 Breath every 3 seconds 40 breaths = 2 minutes (each breath should be 1 second in length)
<u>CPR</u> NO Breathing, NO Palpable Pulse	One Man: 30 Compressions, 2 Breaths (100 compressions in 1 minute) 30 Compressions in 18 seconds (5 cycles = 2 minutes) Two Man: 15 Compressions, 2 Breaths (10 cycles = 2 minutes) Compression Depth: about 2 inches

INFANT FACTS

<u>AGE</u>	0 to 1 year old
<u>AVERAGE HEART RATE</u>	120 - 160 / per minute
<u>RESCUE BREATHING</u> NO Breathing, HAS a Palpable Pulse	1 Breath every 3 seconds 40 breaths = 2 minutes (each breath should be 1 second in length)
<u>CPR</u> NO Breathing, NO Palpable Pulse	One Man: 30 Compressions, 2 Breaths (100 compressions in 1 minute) 30 Compressions in 18 seconds (5 cycles = 2 minutes) Two Man: 15 Compressions, 2 Breaths (10 cycles = 2 minutes) Compression Depth: about 1-1/2 inches

LIFEGUARD TRAINING - COURSE STUDY GUIDE

BEFORE PROVIDING CARE

- ✓ Know order of general procedures in cases of injury or sudden illness – *Check, Check, Call, Universal Precautions, PPE*
- ✓ If you arrive on scene after other rescuers, what is the first question you ask
- ✓ Define primary survey/primary assessment and secondary survey/secondary assessment
- ✓ Know Cardiac Chain of Survival

FIRST AID

- ✓ Acronyms: FAST, RICE, SAMPLE, H.A.IN.E.S, MSDS
- ✓ Define Signs and Symptom
- ✓ Signs, Symptoms, Treatment: Head, Neck & Back Injuries, Shock, Seizure, Diabetic, Stroke, Heart Attack, Cardiac Arrest, Allergic Reaction, Anaphylactic Shock, Heat/Cold Emergencies, Internal Bleeding, Poison Emergencies, Incident Stress Syndrome
- ✓ What do you NOT want to give to someone in the late stage of illness
- ✓ Steps of controlling bleeding, first step in caring for burns, stages/treatment for burns – *thermal, chemical, electrical*
- ✓ Secondary Assessment - Check Adult from _____ to _____ and a child from _____ to _____
- ✓ Considerations when splitting and slinging a patient

CPR - AED

- ✓ Difference between an adult, child, infant - *age, weight, average heart rate, volume and length of rescue breathes*
- ✓ Define: Rescue Breathing, CPR, Obstruction of Airway, Recoil
- ✓ What does CPR do for a patient – *main objective of CPR – circulate oxygen to the brain and vital organs*
- ✓ Rescue Breathing Ratio – Adult, Child, Infant
- ✓ CPR Ratio (*1-man and 2-man*) – Adult, Child, Infant
- ✓ Compression Depths–Adult, Child, Infant
- ✓ Proper hand placement for chest compressions – Adult, Child, Infant
- ✓ Administer 30 chest compressions in _____ seconds; _____ cycles of 30 compressions & 2 breaths equals _____ minutes
- ✓ CPR compressions should be given at a rate of _____ compressions per minute
- ✓ 4 reasons you may legally stop providing care once started, 1 reason CPR can be interrupted

- ✓ Define AED, AED precautions
- ✓ Difference between ventricular fibrillation and ventricular tachycardia
- ✓ What two heart rhythms will an AED advise to shock and what two heart rhythms will an AED advise NO shock
- ✓ Can CPR be interrupted for the AED, Considerations for using adult AED pads on a child/infant
- ✓ AED pads are place on the PATIENTS upper _____ chest and lower _____ side

LIFEGUARD TRAINING

- ✓ Name/Define Acronyms: FIND, RID, EAP, AFR
- ✓ Define: Primary lifeguard responsibilities, legal considerations, consent, implied consent, media interaction, patron surveillance/scanning, blind spots, safety checks, weather conditions, debriefing, understand report writing
- ✓ Define: zone coverage, total coverage, emergency back-up coverage
- ✓ Difference between: distress drowning, active drowning, passive drowning – *body position, who can call for help*
- ✓ Name/Define: entries, approach strokes, active/passive rescues, shallow/deep water extensions, escapes, spinal rescue
- ✓ What needs to be above water during an in-water Seizure
- ✓ Backboarding procedures – *land and water*
- ✓ Extraction procedures