



# STREAMLINE

HEALTH SERVICES

## LIFEGUARD TRAINING FORMS v. 2024

Welcome to Streamline Health Services (SHS) Lifeguard Training certification program! Lifeguard Training is a blended learning course, with online and classroom components. American Red Cross (ARC) requires all Lifeguard participants to complete the ARC Lifeguard Online Course prior to the first-class date. **Please print and read the information below carefully.** Should you have any questions, please feel free to contact us. Thank you!

## PRE-COURSE WORK | Complete Before First Class Date

ARC Lifeguarding course has required pre-course work and must be completed prior to the first-class date. Please follow directions carefully:

### 1. PRINT AND REVIEW | SHS Training Forms

Print and review the Lifeguard Training forms prior to taking the Red Cross online course. While taking the Red Cross online course, you will learn many answers to the exam study guide questions located on page 2 of this document. Bring a printed copy of the Lifeguard Training forms to class.

### 2. COMPLETE ARC ONLINE COURSE | Complete Online Course Before First Class Date

Red Cross requires participants to complete the 8-hour lifeguard online course, prior to the first-class date. You will receive an email from Red Cross, with a course link and directions on how to complete the online course. If you cannot find the Red Cross email, search the following address, and check your junk folder ([rlcsfdevteam@redcross.org](mailto:rlcsfdevteam@redcross.org)). If the Red Cross online course is not in constant use, the program may time out and course work lost. Be sure to log out when taking breaks and screen shot each section you complete.

### 3. DOWNLOAD LIFEGUARDING MANUAL | Ebook Access Code Instructions

Red Cross Lifeguarding eBook download directions below. Bring Ebook to class on a laptop or iPad.

Lifeguarding Manual eBook Access Code  
Red Cross eReader Link

2589355AMM8VYNCFWS

<https://ebooks.redcrosslearningcenter.org>

### NEW RED CROSS ACCOUNT | Red Cross Directions to View the Ebook

1. Copy your access code provided above
2. Click the eReader link: <https://ebooks.redcrosslearningcenter.org>
3. On the eReader page, to the right of Sign In **click Access Code**, paste access code into access code field
4. After submitting access code, enter full name, email, and set password for the eReader
5. You will be routed to your eBook library, where the **Lifeguarding Manual Ebook** can be viewed

### EXISTING RED CROSS ACCOUNT | Red Cross Directions to View the Ebook

1. Click the eReader link provided above; login to your eReader account
2. After logging in, on the top right of your profile, **click the plus sign**
3. Paste your access code into the access code field, and your new eBook will display in your library



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## WHAT TO BRING TO CLASS

1. Proof of age
2. Proof of Red Cross Lifeguard online course completion – screen shot or print a copy
3. Lifeguard Ebook – download on laptop or iPad
4. Training Forms – print a copy
5. CPR Mask – if not purchased
6. Bathing Suit – **one piece suits for females**
7. Rash guard, wetsuit, goggles, towel, sun block, paper, writing utensil, snacks and lunch

## PRINT CERTIFICATIONS

ARC issues electronic certifications, which will be emailed to participants within 2 days of the last class date. Directions to download or print certifications are located on StreamlineHealth.com, click Resources, then click Print Certifications.

**NOTE** | Streamline Health Services does not have access to your ARC account. If you cannot remember your username and password or need help accessing your electronic certifications, please contact the Red Cross Training Support Center at 800-Red Cross. Thank you!



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## LIFEGUARD TRAINING | Exam Study Guide

### BEFORE PROVIDING CARE

1. What steps should you take when you arrive on scene? What is an initial impression and when is it made?
2. Define rapid assessment, non-drowning rapid assessment, secondary assessments,
3. Know the cardiac chain of survival for adult and pediatrics

### FIRST AID

1. Acronyms - FAST, RICE, SAMPLE, MSDS
2. Define signs and symptom
3. Signs/Symptoms/Treatments - breathing emergencies, asthma, heart attack, cardiac arrest, shock, seizure, diabetic, stroke, heat/cold emergencies, allergic reaction, anaphylactic shock, concussion, animal/human bites, insect stings, poison emergencies, internal bleeding, recovery position, incident stress syndrome
4. Treatment for control bleeding, choking, burns (thermal, chemical, electrical)
5. What do you **not** give someone in the late stage of illness?
6. When conducting a secondary assessment how do you check an adult/child?

### RESCUE BREATHING | CPR/AED | BVM

1. Difference between adult/child/infant – age, weight, avg. heart rate, volume/length of rescue breaths, adult/child/infant head position when opening airway
2. Define rescue breathing, CPR, obstruction of airway, agonal breaths, recoil, BVM, AED
3. When is rescue breathing performed? When is CPR performed?
4. Rescue breathing ratio for adult/child/infant
5. CPR ratio for adult/child/infant for one rescuer or two rescuers, when should the compressor switch positions
6. Compression depths for adult/child/infant
7. Hand placement for CPR compressions on an adult/child/infant
8. How many CPR compressions should be given per minute?
9. When can an AED interrupt CPR? Define AED precautions?
10. Define ventricular fibrillation and ventricular tachycardia
11. AED pad place on an adult/child/infant? Considerations for using adult AED pads on a child/infant?
12. When using a BVM, how many rescuers are required when performing rescue breathing?
13. When using a BVM, how many rescuers are required when performing CPR?

### LIFEGUARDING

1. Acronyms - FIND, RID, EAP, AFR
2. Define primary lifeguard responsibilities, legal considerations, consent/implied consent, patron surveillance, scanning, zone coverage, blind spots, safety checks, weather conditions, debriefing, understand report writing
3. Define entries, approach strokes, active/passive rescues, shallow/deep water extensions, escapes, spinal rescue
4. Define distress drowning, active drowning, passive drowning
5. You should recognize and respond to a drowning person in with how many seconds?
6. Treatment for in-water seizure
7. Treatment for head, neck, or spinal injury on land? Name of rescue for a head, neck, or spinal in-water?
8. Steps for spinal motion restriction (low edge and high edge)
9. Steps for non-breathing rapid extrication



# STREAMLINE HEALTH SERVICES

## **CPR/AED PROFESSIONAL RESCUER | Check, Call, Care (CCC), PPE**

### **CHECK**

- |                                 |                                                          |
|---------------------------------|----------------------------------------------------------|
| Check Scene                     | Ensure your safety before entering scene; obtain consent |
| Check Responsiveness            | Shout "are you okay?"                                    |
| Check Unresponsiveness          | tap/shout "are you okay?"                                |
| Check Life-threatening Bleeding |                                                          |

### **CALL EMS OR 911; UNIVERSAL PRECAUTIONS; CARE FOR PATIENT**

## **A – B – C | Rapid Assessment**

### **ADULT, CHILD, INFANT ASSESSMENT**

Check Airway, Breathing, Circulation, Life-threatening bleeding – simultaneously for no more than 10 seconds

### **ADULT, CHILD, INFANT ASSESSMENT | for a drowning patient**

Check Airway, Breathing, Circulation, 2 Breaths for obstruction

## **TREATMENTS | Rescue Breathing, CPR, Obstruction of Airway**

**Do for the patient, what their body is not doing for themselves.** If the patient has a pulse and is not breathing, then breathe for them (rescue breathing). If the patient has no pulse and is not breathing, then pump their heart and breath for them (CPR).

### **RESCUE BREATHING | has a pulse and no breathing**

- Adult 1 breath every 6 seconds | 20 breaths in 2 minutes
  - Child/Infant 1 breath every 2 - 3 seconds | 40 – 60 breaths in 2 minutes
- \*Administer rescue breathing for 2 minutes and reassess for no more than 10 seconds

### **CARDIOPULMONARY RESUSCITATION (CPR) | has no pulse and no breathing**

- Adult 30 compressions, 2 breaths | compressions at least 2" in depth, no more than 2.4"
- Child 30 compressions, 2 breaths | compressions about 2" in depth
- Infant 30 compressions, 2 breaths | compressions about 1.5" in depth

### **CPR | two or more rescuers**

- Adult 30 compressions, 2 breaths
- Child/Infant 15 compressions, 2 breaths

### **OBSTRUCTION OF AIRWAY | chest does not clearly rise or fall**

- Adult/Child/Infant – 1 breaths, retilt tongue, 1 breaths, 30 chest compressions, visual sweep
- Child/infant 2 or more rescuers – 1 breaths, retilt tongue, 1 breath, 15 chest compressions, visual sweep

## **REASONS YOU MAY LEGALLY STOP CARE ONCE STARTED**

- Equal or Higher Medical Authority arrives and take over care
- You are alone and too tired to continue care
- Scene becomes unsafe
- Notice obvious signs of life
- AED becomes available – AED may interrupt CPR in progress



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## FACT SHEET | Adult/Child/Infant ADULT

<b>AGE</b>	Older than Puberty   12 to 14 years old
<b>AVERAGE HEART RATE</b>	60 to 100 / per minute
<b>RESCUE BREATHING</b>	1 Breath every 6 seconds
<b>CPR</b>	30 Compressions, 2 Breaths   100 - 120 compressions in 1 minute
<b>COMPRESSION DEPTH</b>	At least 2 inches, no more than 2.4 inches *30 compressions in 18 seconds will equal a rate of 100 compressions per minute

## CHILD

<b>AGE</b>	1 year old to Puberty
<b>AVERAGE HEART RATE</b>	100 to 120 / per minute
<b>RESCUE BREATHING</b>	1 Breath every 2 – 3 seconds
<b>CPR</b>	30 Compressions, 2 Breaths   100 - 120 compressions in 1 minute
<b>2 OR MORE RESCUERS</b>	15 Compressions, 2 Breaths
<b>COMPRESSION DEPTH</b>	About 2 inches *30 compressions in 18 seconds will equal a rate of 100 compressions per minute

## INFANT

<b>AGE</b>	0 to 1 year old
<b>AVERAGE HEART RATE</b>	120 to 160 / per minute
<b>RESCUE BREATHING</b>	1 Breath every 2 – 3 seconds
<b>CPR</b>	30 Compressions, 2 Breaths   100 - 120 compressions in 1 minute
<b>2 OR MORE RESCUERS</b>	15 Compressions, 2 Breaths
<b>COMPRESSION DEPTH</b>	About 1.5 inches *30 compressions in 18 seconds will equal a rate of 100 compressions per minute