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American red cross lifeguard manual chapter 8 review

Lifeguarding Certification Reimbursement: Work a minimum of 200 hours during the summer (6/1-8/31) and get up to \$200 of your American Red Cross lifeguard training costs reimbursed. [\$200 for individuals who paid the non-member price, \$150 for individuals who paid member price] Referral Bonus for Current Employees: Receive \$25 for every staff member you refer who then works a minimum of 100 hours during the summer (6/1-8/31). [For current staff] The JCC of Dallas offers lifeguarding, lifeguarding re-certification, and lifeguarding instructor courses conducted through the American Red Cross curriculum. For more information, please contact Sam Neckar at sneckar@jccdallas.org. COVID-19 Update JCC Dallas is currently offering America Red Cross lifeguarding courses. Precautions are being taken to minimize the risk of COVID-19 exposure. Lifeguard Training Procedures: Lifeguard training requires close-contact of participants during the course, such as when practicing in-water skills where masks are not appropriate. There is no substitute or alternative to this hands-on training, and the American Red Cross Lifeguarding curriculum will not be altered. Lifeguarding and Lifeguarding Review class sizes will initially be limited to 10 participants. Participants in each class will be split into smaller groups during skill practice and not mix with other participants. Lifeguarding Instructor courses will be limited to 4-6 participants. Course participants will receive their own pocket masks to use during the course and keep after the course. Manikins and other training equipment will be sanitized throughout the course. Facility Procedures: The JCC is following CDC, Federal, State and local guidelines and recommendations. All members and guests are required to complete a self-screening form before entering the facility. Temperature checks are also required for all entering the building. All JCC staff are self-screening each day for COVID-19 symptoms. Temperature checks are required before they begin work each day and our staff are required to wear masks (face coverings) at all times while in the building. You must wear a mask (face covering for your nose and mouth) when entering the building. Your nose and mouth must remain covered throughout the building unless designated otherwise, such as when swimming. The cleaning agents used to sanitize our facility and equipment are EPA compliant to neutralize viruses, including COVID-19. Lifeguarding Participants must be at least 15 years of age to participate in the class and must attend all session dates. Participants are recommended to be in active shape to complete the lifeguarding course. Participants must complete the precourse skills session conducted on the first day of course to be eligible to participate. Each participant is allowed two attempts for each skill test: Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits. Complete a timed event within 1 minute, 40 seconds. Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed. Surface dive, feet-first or head-first, to a depth of 7 - 10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. Exit the water without using a ladder or steps. The course is offered in a blended learning format. Blended learning combines online learning with in-person skills sessions where you will practice skills and demonstrate competency. Please plan to complete all eLearning modules, including the CPR/AED for Professional Rescuers and First Aid final eLearning exam, at least two days prior to your first in-person skills session. Most participants complete the eLearning portion of the course in approximately 7 hours. Your experience may vary widely based on several factors including your PC, internet speed, and previous training. After registering but prior to the start of the class, an email will be sent with a link to access the online materials. Student will bring certificate of completion on the first day of in-person course. More information will be provided in course email. Additionally, students are expected to read each chapter and complete review questions from the American Red Cross Lifeguard Manual. Click here to access the manual online. Due to the nature of the blended learning format of the course, registration for each course will close no later than 5 days prior to the start of the in-person session to allow time for students to access and complete online materials. Access link for the eLearning course will be emailed out prior to beginning of in-person session. If you do not receive email with specific course information at least 5 days prior to beginning of your course, please contact us. Classes are limited to 10 participants under normal circumstances. If you register for a class that is at maximum capacity, you may be wait-listed and we will contact you to discuss different class dates. To pass the course, students must: Successfully complete the eLearning component of the American Red Cross Lifeguarding course. Successfully complete the precourse skills session. Attend and participate in all course skill sessions and complete class activities. Demonstrate competency in all skills and scenarios. Pass the final written exam with a minimum grade of 80% Upon successful completion of the course, students will be certified for two years by the American Red Cross in Lifeguarding/First Aid/CPR/AED. Price: \$200 members | \$250 non-members Days: Saturdays & Sundays (unless otherwise noted) Times: 8:00 am - 6:00 pm Dates: June 1-2 June 12-13 June 26-27 Lifeguarding Review Lifeguarding Review courses are for American Red Cross certified lifeguards whose certification is still valid or within 30 days of expiration. If over 30 days have passed since the certification expired, a full lifeguard course must be taken. Review classes are designed to help you update your skills and extend your certification for two more years. Participants must complete the precourse skills session conducted on the first day of course to be eligible to participate. Each participant is allowed two attempts for each skill test: Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits. Complete a timed event within 1 minute, 40 seconds. Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed. Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. Exit the water without using a ladder or steps. Lifeguards who attend a review course are expected to have prior knowledge of all skills. Review courses are fast-paced with little time to focus on re-teaching. It is recommended that participants review the lifeguard and the chapter review questions prior to the course in order to pass the course successfully. Click here to access the online manual. Students may also review by completing the full lifeguard course blended learning portion (approx. 7 hours). Please contact us if you are interested in reviewing this material. To pass the course, students must: Successfully complete the precourse skills session. Attend and participate in all course skill sessions and complete class activities. Demonstrate competency in all skills and scenarios. Pass the final written exam with a minimum grade of 80% Upon successful completion of the course, students will be certified for two years by the American Red Cross in Lifeguarding/First Aid/CPR/AED. Price: \$105 members | \$132 non-members Days: Saturdays & Sundays (unless otherwise noted) Times: 8:00 am - 6:00 pm Dates: Friday, June 6 Saturday, June 5 Saturday, June 19 Lifeguarding Instructor Lifeguarding Instructor courses train instructor candidates to teach American Red Cross Lifeguard, CPR/AED for Professional Rescuers, Shallow Water Lifeguarding, Waterfront Skills, Waterpark Skills, and more courses and/or modules. Lifeguard instructor candidates are expected to have instructor-level competency in all skills and scenarios and the maturity needed to train future lifeguards. The course consists of a 2.5 hour online portion and a minimum 22 hours of in-person instruction. Once registered through the JCC for the American Red Cross Lifeguarding Instructor course, candidates will receive an email about two weeks before the class date with information about the course and how to access the online material. In order to participate in the Lifeguarding Instructor course, candidates must: Be at least 17 years old on or before the last day of the instructor course. Possess a current basic-level certification in American Red Cross Lifeguarding/First Aid/CPR/AED Successfully complete the Online Introduction to the Lifeguarding Instructor course prior to the first in-person session Successfully complete the Precourse Skills Session on the first day of class which includes: Precourse Swimming Skills Evaluation Prerequisite Rescue Skill Scenarios Evaluation To successfully complete the Lifeguarding Instructor course, the instructor candidate must: Successfully complete the online Introduction to the American Red Cross Lifeguarding Instructor course. Successfully complete the Precourse Skills Session. Attend and actively participate in all course sessions. Successfully complete class activities, including the required practice-teaching assignments. Demonstrate instructor-level skill competency in all skills and scenarios. Pass the final written exam with a minimum grade of 80 percent Upon successful completion of the instructor course, each candidate will be certified by the American Red Cross as a Lifeguard Instructor. Price: \$280 members | \$350 non-members Dates and Times: March 23-25 (Tuesday 10 am-6 pm, Wed/Thurs 9 am-6 pm) May 5 -7 (Wed 10 am-6 pm, Thurs/Fri 9 am-6 pm) LGI/LGIT Review This in-person Lifeguarding Instructor/Instructor Trainer review course is the required course for all Lifeguarding Instructors and Instructor Trainers to re-certify. During this course, Lifeguarding Instructors and Instructor Trainers will participate in an in-water practice and polish skills session with their peers and a classroom-based review of Red Cross administrative policies and procedures. Lifeguarding Instructors and ITTs may also choose to attend a brief "test out" session following this course to gain a basic-level Lifeguarding certification. In order to participate in the Lifeguarding Instructor/Instructor Trainer Review course you must currently possess an American Red Cross Lifeguarding Instructor or Lifeguarding Instructor Trainer certification, and: Lifeguarding Instructors: Complete all course updates prior to the update deadline. Teach or co-teach at least one Lifeguarding or Shallow Water Lifeguarding course of record during the 2-year certification period. Lifeguarding Instructor Trainers: Complete all course updates prior to the update deadline. Teach at least one Lifeguarding Instructor course of record or at least two Lifeguarding Instructor/Instructor Trainer Review courses of record during the 2-year certification period. Upon successful completion of the review course, participants will be re-certified by the American Red Cross as a Lifeguarding Instructor or Lifeguarding Instructor Trainer for two years. Price: \$68 member | \$85 non member Cancellation Policy Please see the below guidelines regarding cancellations and refunds of all lifeguarding, lifeguarding review, and lifeguarding instructor courses: From date of registration up to free cancel date (10 business days before first class date): Free refund of course fee, or free transfer to any available course. From free cancel date (10 business days before first class date) to registration deadline (5 business days before first class date): Refund of course fee minus \$20 cancel fee, or free transfer to any available course. From class registration deadline (five business days before first class date) to first class date: No refund. Or, free transfer to any available course. Online coursework not completed by first in-person session of class: No refund. Or, you may transfer to any available course and pay a \$25 transfer fee. Failure to complete precourse skills session at beginning of course: No refund. Or, you may transfer to any available course and pay a \$25 transfer fee. Failure to attend course: No refund and no transfer. If you did not attend due to medical or other reason, must contact to provide waiver. Private Classes Interested in taking a lifeguarding, lifeguarding review, or lifeguarding instructor course but our class dates don't work for you? We can offer private training classes at the J to fit your schedule. Most courses need a minimum of four participants in order for the class to be run successfully. Pricing dependent on dates, participant count, and more. Please contact Sam Neckar at sneckar@jccdallas.org or 214-239-7198 to inquire. Pre-Course Prep Interested in practicing to pass the lifeguard precourse skills session? We offer training conducted by our American Red Cross Lifeguard Instructors to help prepare to pass the precourse skills test. Participants will get time in the water at the J and coaching from the lifeguarding instructor on proper techniques. Sessions are booked for an hour but may be billed for a half-hour if the session concludes early. Member: \$40/hour Non-member: \$50/hour Please contact Sam Neckar at sneckar@jccdallas.org or 214-239-7198 to schedule a session. For more information, please contact Sam Neckar at sneckar@jccdallas.org. 1 Chapter 8 Lifeguarding Cardiac Emergencies 2 Lesson Objectives List the links in the Cardiac Chain of SurvivalRecognize the signs & symptoms of a heart attack. Identify how to care for a heart attack. Describe the role and importance of early cardiopulmonary resuscitation (CPR) in cardiac arrest. Demonstrate how to safely and effectively perform CPR. 3 Lesson Objectives Demonstrate how to safely and effectively perform CPR. 3 Lesson Objectives Demonstrate how to safely and effectively perform CPR. Describe what defibrillation is and how it works. Describe the role and importance of early defibrillation in cardiac arrest. Identify the abnormal heart rhythms commonly present during cardiac arrest. List the general steps for using an automated defibrillator. Identify precautions for using AED. Demonstrate the steps in using an AED for cardiac arrest. Demonstrate the steps in using an AED when CPR is in progress. 4 Cardiac Emergency Is a life-threatening emergency that can occur at any time to a victim of any age. Care may include performing cardiopulmonary resuscitation (CPR) and using an automated external defibrillator (AED). Following the Cardiac Chain of Survival can increase a victim's chance of survival. 5 Cardiac Chain of Survival pg.124Early recognition of the emergency & early access to emergency medical services (EMS). Early CPR. Early defibrillation. (each minute defib is delayed reduces the victim's chance of survival by about 10%) Early advanced medical care. 6 Common Causes of a Heart AttackCardiac disease – is the leading cause of death for adults in the US. Cardiovascular disease develops slowly when deposits of cholesterol gradually build up on the inner walls of the arteries. Other common causes: Respiratory distress Electrocutioin Traumatic injury 7 Recognizing a Heart Attack pp. 124-125Persistent chest discomfort, pain or pressure that lasts longer than 3-5 minutes. Chest discomfort, pain or pressure that spreads to the shoulder, neck, jaw or arms. Trouble breathing. Nausea or vomiting. Dizziness, light-headedness, loss of consciousness or fainting. Pale, ashen, grayish or bluish skin. Sweating. Denial of sign and symptoms. 8 Care for a Heart Attack Immediately summon EMSHave victim stop what he or she is doing and rest. Loosen any tight and comfortable clothing. Closely monitor victim until EMS arrive and take over. Comfort the victim. Assist with meds, if appropriate. Be prepared to perform CPR or use an AED. 9 Cardiac Arrest Is a life-threatening conditionl occurs when the heart stops beating or is beating irregularly. Signs & symptoms: Unconsciousness No movement or breathing No pulse Can occur without warning 10 CPR A victim who is unconscious, not moving or breathing and has no pulse is in cardiac arrest and needs CPR. CPR is a combination of rescue breaths and chest compressions. CPR circulates blood that contains oxygen to the vital organs. Must be performed on a firm, flat surface. CPR increases the likelihood that a successful shock can be delivered. 11 CPR continued... Despite your best efforts, complications can occur when performing CPR. The victim's ribs may break or cartilage may separate. The victim may vomit. The scene may be chaotic. The victim may not survive. 12 CPR see chart on pg.127 Adult Child Infant Hand PositionTwo hands on the center of the chest Two hands or one hand on the center of the chest Two or three fingers on the center of the chest (just below the nipple line) Compress: About 1 ½ to 2 inches About 1 to 1 ½ inches About ½ to 1 inch Breathe: Until chest clearly rises (about 1 sec. per breath) Cycle: (1 rescuer) 30 compressions 2 breaths (2 rescuer) 15 compressions Rate: About 100 compressions per minute 13 AED's Each year approx 500,000 Americans die of cardiac arrest95% do not survive CPR can help supply oxygenated blood to vital organs. BUT it does not correct the underlying heart problem. An electrical shock is needed to correct the problem. The sooner the shock is given the greater the victim's chance for survival. This life-saving shock is known as defibrillation. 14 ECG-electrocardiogramMeasure the electrical activity of the heart Chest-electrodes: determine heart rhythm The heart's rhythms appear as a series of peaks and valleys 15 When the Heart Stops Disease an injury can disrupt the heart's electrical system and it ability to provide adequate circulation. The two most common treatable abnormal rhythms are: Ventricular fibrillation (V-fib) Ventricular tachycardia (V-tach) 16 Ventricular fibrillation (V-fib)Is a state of disorganized electrical activity in the heart The results in fibrillation, or quivering, of the ventricles. 17 Ventricular tachycardia (V-tach)Very rapid contraction of ventricles. The rate is so fast that the heart is unable to pump blood properly. 18 Asystole Cannot be corrected by defibrillation Flatline 19 AED Pad Placement Adult / ChildUpper-right side of chest and lower-left side Infant-front and back of chest 20 Precautions Do not touch victim while defibrillating or analyzingDon't use alcohol to wipe victim's chest-Flammable! Do not use an AED on a victim who is in contact w/ water 21 Precautions continued...Do not use on victim w/ nitroglycerine patch or pacemaker Wet victim...dry off Metal between pads (necklace, charm, bra clasps) Hairy chest...may have to shave

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