LIFE G051N: OCEAN LIFEGUARD LEVEL I CERTIFICATION

Item	Value
Curriculum Committee Approval Date	12/03/2024
Top Code	083570 - Aquatics and Lifesaving
Units	0 Total Units
Hours	170 Total Hours (Lecture Hours 102; Lab Hours 68)
Total Outside of Class Hours	0
Course Credit Status	Noncredit (N)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 99
Open Entry/Open Exit	No
Grading Policy	P/NP/SP Non-Credit (D)

Course Description

This noncredit course provides Lifeguard Basic Academy training for aspiring emergency responders interested in career opportunities as aquatic rescuers, either within lifeguard agencies or the fire service. This rigorous academy includes lecture and field training in the ocean environment and follows the United States Lifesaving Association required course curriculum for Aquatic Rescue Response Teams and Open Water Lifeguard Certification. Training will include; marine weather, aquatic hazards, communications, lifesaving rescue techniques, specialized equipment use, night rescues, medical aid, and interaction with the public. To successfully complete the academy, students must be athletically fit with strong swimming skills. Training for the entirety of this course is conducted at the City of Huntington Beach Department of Marine Safety headquarters. PREREQUISITE: LIFE G050N. NOT DEGREE APPLICABLE. Not transferable.

Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Assess the dangers of swimming activities in the ocean environment.
3. Apply lifesaving/medical aid to those under distress.
4. Interpret the difference between distress and panic in a possible drowning situation.

Course Objectives

- 1. Assess the dangers of swimming activities in the ocean environment.
- 2. Apply lifesaving/medical aid to those under distress.
- 3. Interpret the difference between distress and panic in a possible drowning situation.

Lecture Content

The Emergency Medical Responder Blood borne pathogens Infectious disease Wellbeing of the first responder Medical, legal, and ethical issues The human body Lifting and moving Primary Assessment History Second assessment Communication Documentation HIPPA Airway Management Supplemental oxygen The Circulatory System and Cardiac Emergencies CPR/AED Legal issues/training Medical Emegencies Poisoning Substance abuse/misuse/overdose Environmental emergencies Behavioral emergencies Shock Bleeding and trauma Soft tissue injuries Advanced First Aid Injuries to the chest, abdomon and genitalia Injuries to muscles, bones, and joints Injuries to the head, neck and spine Childbirth Pediatrics Older adults Patients with special healthcare needs/disabilities Hazardous Materials Incident command Chemicals Biohazards Disasters/Terrorism Ocean Dynamics Wind Swell Waves Bathymetry Ocean Currents and Tides Lateral currents Rip currents Navigating rips Tides Extreme Weather Conditions Lightening Tsunamis Preventitive Lifeguarding Describe the hazards of the following: Calm and rough water C old water Jetties Piers Storm drains Rocks Reefs Creeks or streams Rip currents Water animals, particularly those that can cause harm Surf Describe the indications and signals of distress from the following: Motorized boats Sailboats Divers Surfers Paddleboarders Sailboarders Kite surfers Swimers/body surfers Rescue Techniques and Procedures Explain the usefulness and limitations of the rescue tube / rescue can in the following situations: Unconscious victim Multiple victim rescue Defense against a panicked victim In-water ventilations Explain the usefulness and limitations of the rescue paddleboard in the following situations: Long distance rescues Multiple victim rescue Rough water or high surf rescue Providing ventilations on a paddleboard Considerations when utilizing a helicopter for rescue Considerations when assisting a disabled vessel and the occupants. Considerations for the following rescue situations: Piers Rock piles Scuba diver Victims of rip currents Victims of surf conditions Potential Victim Assessments Ocean hazards Rip currents Side currents Piers Substance use Water Surveilance and Scanning Perimeter of defense Rescue Equipment Surf fins Rescue can Rescue tube Paddleboard Initiating a Rescue Entering water Approaching the victim Securing th e victim Returning to land Specialty Rescues Unconcious victim Multiple victims Ocean rescues Apparatus Sand entrapment Pier rescues Jumps Missing swimmer (Code X) All clear Search and Recovery Identify the methods for establishing landmarks in searches for submerged victims Explain the usefulness and limitations of the parallel, fan, and circular search patterns List considerations in body recovery Describe line and search signals for search and recovery Identify the use of cross-bearings in fixing the "last known point" of the victims Operations and Procedures Missing persons/ property Tower procedures, coned areas, breaks Closing procedures Ordinances and enforcement Documenation Field reports / Department data collection Legal documents Statistics Communications Use of radios Verbal commands Hands signs Knotts and Knot Tying Marine Life Post Traumatic Stress Disorder and Peer Support Lifeguard Apparatus Truck All terrain vehicle Rescue boat Rescue water craft Helicopter Drones In Service Training / Field Work

Lab Content

Basic Rescue Shallow water dive and porpoising Heads up breast stroke / crawl stroke Cross-chest tow, modified cross-chest tow, and armpit tow Front surface approach, rear surface approach, and submerged victim approach Defenses and escapes from a panicked victim Donning/clearing using fins, masks, and snorkels Proper spinal injury management during a rescue Communications Hand and arm signals Whistle systems Two-way radios Cellular and telephones Public address systems Megaphones Flags Rescue Techniques and Procedures Concious victim Unconscious victim Panicked victim In water ventilation Advanced Rescues Use of apparatus Boat Rescue water craft Rescue water craft deckhand Paddleboard Pier rescue Jetty rescue Boat rescue Search and Recovery

Search types Parallel Fan Circular Use of cross-bearings and marker buoys

Method(s) of Instruction

- Enhanced NC Lect (NC1)
- Enhanced NC Lab (NC2)

Reading Assignments

Students will be required to read the Emergency Medical Response Manual to prepare for their advanced first aid and CPR/AED certification.

Writing Assignments

Students will write various field/administrative reports based on simulated rescues, HIPPA regualtions, and documentation of injuries.

Out-of-class Assignments

Students will be required to go off site to visit and learn about the use and operation of lifeguard rescue boats / rescue water craft.

Demonstration of Critical Thinking

Students will be assigned as recuers in stressful rescue scenarios including; medical, water rescue, sand entrapment, and drowning. Students will be assessed on their performance based upon pre-established ruberics.

Required Writing, Problem Solving, Skills Demonstration

Students will be placed into a simulated multi-victim water rescue scenario. They will be required to plan their response, while coordinating assistance from other personnel and using equipment at their disposal.

Eligible Disciplines

Fire technology: Any bachelor's degree and two years of professional experience, or any associate degree and six years of professional experience.

Manuals Resources

1. United States Lifesaving Association. Open Water Lifesaving ? The United States Lifesaving Association Manual, Pearson , 05-24-2024
2. American Red Cross. Emergency Medical Response, American Red Cross , 06-01-2023 3. City Of Huntington Beach Fire Department, Marine Safety Division. Huntington Beach Marine Safety Ocean Lifeguard Manual, City of Huntington Beach Fire Department , 09-01-2024