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## Lifeguarding (r.06) Program

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### Precourse Session

**Q Should the brick retrieval be done by performing a feet-first surface dive or a head-first surface dive?**

**A** There are no specifications on how the participant should surface dive to retrieve the brick. Participants have received no instruction at this point of how to do a feet-first or head-first surface dive. They may use either method.

**Q During the 20-yard swim, does the candidate only swim one direction and then exit with the brick?**

**A** For the brick retrieval, participants are to swim 20 yards, submerge and retrieve a 10-pound object from 7–10 feet of water, resurface, swim 20 yards to the side of the pool and exit the water without using a ladder or steps. Based on the type of facility, it may be accomplished by swimming in one or more directions/lengths.

**Q What is the reasoning for the 50-second timed event in the Shallow Water Attendant course as opposed to the 100-second timed events in the other three courses?**

**A** Although similar, these events are testing two different sets of skills. The Shallow Water Attendant timed event is shorter because the candidate does not have to submerge to a depth greater than 4 feet to retrieve the brick nor swim back to the starting point. By walking back, the candidate has the support of the bottom of the pool, whereas candidates in the other courses have to support themselves and the brick while swimming back to the starting point.

**Q For the Waterfront Lifeguarding prerequisite, do participants have to get all three rings in one breath?**

**A** Yes. For the prerequisite, participants must swim 5 yards, submerge, retrieve three objects placed 5 yards apart in 4 to 7 feet of water, resurface and swim an additional 5 yards.

**Q For the Waterfront Lifeguarding underwater swim prerequisite, can you place the rings anywhere in 4–7 feet of water so long as they are 5 yards apart?**

**A** The skill was intended to have the rings placed 5 yards apart in a straight line, but if the facility features cannot accommodate this, a deviation from a straight line is acceptable.

**Q What if a facility does not meet the specifications for conducting the precourse session and course lessons?**

**A** To ensure consistency in course delivery, facilities *must* be used that have the features required for completing the skills as they are designed. More than one facility can be used to accommodate the activities in a lesson plan. Some but not all of the required specifications during courses include:

*Lifeguarding* – a depth of 7–10 feet

*Waterfront Lifeguarding* – an area with a depth of 7–10 feet and an area with extreme shallow water

*Waterpark Lifeguarding* – a depth of 7–10 feet, an area with extreme shallow water and at least one moving water feature in the form of a winding river, catch pool or speed slide

*Shallow Water Attendant* – a depth of up to 4 feet

**Q Can lifeguard candidates use goggles during the precourse session skills test, during the course or when completing the final skills scenarios?**

A For safety reasons, candidates should not be permitted to use swim goggles during any skill practice session or skills scenario. Swim goggles may cause injuries during skill practice sessions because goggles may prevent a swimmer from relieving pressure when diving or swimming to a depth. Lifeguard candidates are permitted to use goggles for the 300-yard or 550-yard swim during the precourse session.

## Course Materials

**Q Are the manuals available in different languages?**

A No. There is no plan at this time to translate the Lifeguarding materials into different languages.

**Q Do the participants who crossover from the old to new CPR/AED for the Professional Rescuer need the *Lifeguarding* manual or can the skill sheet handouts be used?**

A As professional-level rescuers, the standard of training is that lifeguards have the *Lifeguarding* manual during the course to support learning, but also after the course for ongoing reference. Participants who are taking the new CPR/AED for the Professional Rescuer course should have either of the 2006 editions of the *CPR/AED for the Professional Rescuer Participant's Manual* or *Lifeguarding*. The skill sheets are included in the CPR/AED participant's manual and are included as optional resources on the *Lifeguarding Instructor's CD-ROM*.

**Q Where are the resources for teaching the optional in-service training in anaphylaxis and asthma?**

A The resources for teaching the optional training in epinephrine administration and asthma including video support can be found on the *Lifeguard Management CD-ROM* in the section titled "In-Service Training" under "Response." A sidebar of information for epinephrine administration can be found in the *Lifeguarding* manual in chapter 7.

**Q Why are the review questions no longer in the *Lifeguarding* manual?**

A The optional review questions for the Lifeguarding, Waterfront Lifeguarding, Waterpark Lifeguarding and Shallow Water Attendant courses are located on Instructor's Corner so that instructors may customize them by selecting the questions

that fit their teaching needs and to help reinforce the objectives of the course they are conducting. This helpful resource can be used at the end of lessons, at the end of the course, with a review course, as a refresher during in-service trainings or between certification periods. The review questions can also be combined with the optional skill sheets to create a study guide.

The review questions are optional and **do not** replace the final written exam that participants must take for certification.

## Review, Challenge and Crossover Courses

### **Q Is it OK to have a practice session prior to a challenge of the Lifeguarding or CPR/AED for the Professional Rescuer course?**

**A** Yes. While lifeguards should stay proficient on their knowledge and skills through regular use of in-service trainings, you can prepare in advance for a challenge of all American Red Cross courses. Instructors may offer a practice session in which participants can practice and receive feedback on their skills and ask any questions about topics included in the course. Such a session needs to take place before and separate from the challenge and cannot be reported as a certification course itself. The challenge may immediately follow the practice session, provided that once the testing of any knowledge or skills begins, no more review of any knowledge or practice of any skills is allowed. A practice session should not be offered to individuals who are not already comfortable with the knowledge and skills needed to pass the challenge. Such individuals should be advised to attend a full or review course as appropriate.

### **Q Do lifeguards certified under the old (r.01) program need to complete the new course?**

**A** Lifeguards currently certified under the Lifeguarding Training (r.01) program do not have to complete the new course until their certification expires. Facilities should consider building the new information and skills into their in-service training to ensure that lifeguards, no matter which program they were originally trained with are using the same skills and procedures and work effectively as team.

### **Q Are lifeguards certified in the Lifeguard Training (r.01) course that wish to become certified in the new Lifeguarding (r.06) course required to run through the full course or just a review (for newer skills)?**

**A** Currently certified lifeguards can complete a full course, review course or challenge based on the individual's needs and knowledge. The course must include all skills in the course, including CPR and AED, not just the new skills.

### **Q Is there an outline for lifeguards to recertify from the old materials to the new material?**

**A** There is not an outline created, but instructors can use the *Changes & Improvements to New Lifeguarding Program (R. 06)* document and the various skill checklists for identifying the skills that have changed or are new and can conduct in-service training to

bring their lifeguards up to date. Lifeguards can then participate in a challenge when it is time to recertify.

## Lifeguarding Certification

### **Q Can a current American Heart Association Healthcare Provider CPR certificate keep an American Red Cross lifeguard certificate current?**

**A** The American Red Cross recognizes the American Heart Association (AHA) CPR for the Healthcare Provider certificate as valid only during the first year of the 2-year AHA certification period. If a lifeguard candidate comes into a lifeguarding course with a current AHA CPR for the Healthcare Provider certificate, he/she can opt out of the CPR and AED portions of the course. The candidate still must demonstrate all required CPR and AED skills and pass all sections of the final written exam to complete the Lifeguarding course. Upon successful completion of all the required CPR/AED skills, scenarios and the written exam, they should be issued a new CPR/AED for the Professional Rescuer certificate.

### **Q Are there any certificates or rewards for completing GuardStart?**

**A** Yes. Included on the *GuardStart Leader's CD-ROM* is a template for completion certificates for GuardStart participants.

### **Q If a person is certified in Waterpark Lifeguarding, are they also certified in the traditional Lifeguarding course as well?**

**A** Yes. The certifications for Waterpark Lifeguarding and Waterfront Lifeguarding include all the skills and information taught in the traditional, pool Lifeguarding course. However, if you are only certified in Lifeguarding, you are not certified in Waterpark or Waterfront Lifeguarding. Additional bridge course training is needed to receive a Waterpark or Waterfront Lifeguarding certification. These outlines are included on the Lifeguarding Instructor's CD-ROM.

### **Q Is the Lifeguarding certification still valid if the CPR/AED for the Professional Rescuer certification has expired?**

**A** No. In order to maintain a valid American Red Cross Lifeguarding certificate, candidates must successfully complete a CPR/AED for the Professional Rescuer course or equivalent. The skills and information in the CPR/AED for the Professional Rescuer course are essential information that all lifeguards should possess. Studies have indicated that the skills and confidence to perform CPR and AED skills correctly significantly diminish over time and should be reevaluated for certification at least once a year.

## Instructor Authorization

### **Q Does an instructor have to maintain a current basic-level certificate to maintain their instructor authorization?**

**A** No. Instructors do not have to maintain certification in any of the basic lifeguarding courses unless he/she intends to perform lifeguarding duties.

To maintain instructor authorization, instructors must teach or co-teach one full, review, bridge course (e.g., Shallow Water Attendant to Lifeguarding) or conduct a challenge within their authorization period of one of the following courses:

- Lifeguarding

- Waterfront Lifeguarding (if a Waterfront Lifeguarding Instructor)

- Waterpark Lifeguarding (if a Waterpark Lifeguarding Instructor)

- Shallow Water Attendant

## Rescue Skills

**Q How do I provide care for a victim who is standing and has a head, neck or back injury, but is not tall enough to be secured to a backboard because of the location of where the head immobilizer is secured to the backboard?**

**A** Remember if a victim's condition is stable, lifeguards can still minimize movement of the victim's head by placing his or her hands on both sides of the victim's head. Facilities using a backboard with a fixed head immobilizer should be prepared to immobilize the head using an alternate method if the facility's procedures require the victim to be secured to a backboard. Some head immobilizers can be placed anywhere on the board and can be quickly secured to the backboard in a location that best accommodates the victim.

**Q When caring for head, neck or back injuries in deep water, does it negatively impact in-line stabilization by placing a rescue tube under the victim's legs?**

**A** No. Putting the rescue tube under the victim's legs simply helps to raise the legs in the water to make it easier for the rescuer to keep the victim in a horizontal position on the surface of the water and to maintain in-line stabilization. It also helps other lifeguards in placing the backboard under the victim. This is not new information. It was included in the previous Lifeguarding program as a "Lifeguarding Tip" but is now included as part of the identified procedures.

## CPR/AED

**Q In the infant CPR video segment, the resuscitation mask was placed as if it were being used for an adult or child. Is it no longer necessary to invert the mask for an infant?**

**A** The objective is to maintain a proper seal with the mask. Resuscitation masks come in various sizes. Pediatric masks are available for children and infants. If a pediatric mask is not available, an adult mask can be used, but you must ensure an adequate seal. On some masks, you can place the narrow end of the mask over the infant's mouth to create an adequate seal. Not all adult resuscitation masks require the rescuer to invert the mask to create an adequate seal for an infant.

**Q What is the difference between chest thrusts and chest compressions?**

**A** There is no difference in the performance of chest thrusts and chest compressions. However, the different terms are used based on the type of emergency for which they are used. They are called chest thrusts when used for choking victims while they are

called chest compressions when used during cardiac emergencies.

**Q What is the science behind the addition of back blows with abdominal thrusts when caring for conscious choking adults and children?**

**A** American Red Cross programs and products are designed based on the most up-to-date science available on first aid, cardiopulmonary resuscitation (CPR), automated external defibrillation (AED) and emergency cardiovascular care (ECC). *The American Red Cross 2005 Guidelines for Emergency Care and Education* recommend using cycles of 5 back blows and 5 abdominal thrusts to treat conscious choking adults and children. A review of the scientific literature indicates that back blows, abdominal thrusts and chest compressions are equally effective. However, the use of more than one method to dislodge an object can be more effective.

**Q Can facilities omit the AED lessons if they do not have AEDs?**

**A** No. CPR/AED for the Professional Rescuer has become the standard of care expected of lifeguards.

**Q Why the change from a three-shock series with AEDs to a single shock? Was the change simply to increase circulation?**

**A** One of goals of the new guidelines was to ensure that rescuers are not delaying CPR in order to use of an AED. This change is seen in the AED guidelines where rescuers should give one shock and then immediately give 5 cycles of CPR. AEDs are also seen as being more effective in conjunction with CPR than CPR alone. The gold standard for anyone suffering sudden cardiac arrest is to use an AED and to perform CPR.

## Administering Emergency Oxygen

**Q Can facilities omit the Administering Emergency Oxygen lessons from the Lifeguarding Instructor Course?**

**A** No. The ability to teach lifeguards on the proper use of oxygen has become the standard expected of lifeguarding instructors.

**Q Why is Administering Emergency Oxygen optional training for lifeguards?**

**A** It is optional in order to allow for flexibility in the facility's training needs. This also takes into consideration local training protocols as well as the availability of equipment.

## Waterpark and Waterfront Lifeguarding

**Q Can facilities combine Waterfront Lifeguarding and Waterpark Lifeguarding into one course?**

**A** A facility can offer both Waterfront Lifeguarding and Waterpark Lifeguarding by having participants complete the entire Waterfront Lifeguarding course and then complete the second part of the Waterfront Lifeguarding to Waterpark Lifeguarding bridge course.

As long as the Waterfront Lifeguarding course and the We advise not to attempt a

swimming rescue unless you have proper equipment and are trained to do so. bridge course are done consecutively with the same instructor(s), participants will not need to complete the first part of the Waterfront Lifeguarding to Waterpark Lifeguarding bridge course as it is a challenge of the course they just completed.

## Miscellaneous

### **Q Does the Red Cross recommend a lifeguard-to-patron ratio or rules based on the size of the facility?**

**A** No. The Red Cross does not make recommendations for the number of lifeguards at a facility. There are too many factors to create one standard that would fit all situations. Some state and local health departments set these guidelines, while others leave this decision to facility management who may base the number of lifeguards on several different factors, such as types of activities, facility shape, facility size, water clarity and swimming abilities of facility users.

### **Q Several of the care steps end with “Use oxygen, if available and trained to do so.” Isn’t oxygen a prescription item? Can a trained lifeguard administer oxygen without a doctor’s order?**

**A** Emergency oxygen does not require a prescription. The Food and Drug Administration (FDA) regulation of oxygen is defined by the dose and duration of the oxygen administration. According to the FDA, to be classified as emergency oxygen, it must be delivered at a dose of at least 6 liters per minute or run for a duration of more than 15 minutes. In this case it is considered first aid use and does not require a prescription. When the dose of oxygen is delivered for less than 6 liters per minute or for a duration of less than 15 minutes, a prescription for oxygen is required. State and local regulations may differ and should be consulted before allowing lifeguards to administer emergency oxygen.

### **Q Is manikin decontamination necessary between students when resuscitation masks are used by each student? And if so, how do you perform two-rescuer CPR?**

**A** Yes. You should properly decontaminate manikins between uses even when breathing barriers are used. The recommendations for manikin decontamination are found on the *Lifeguarding Instructor’s CD-ROM* in Section 1: Administration Appendices and in the manikin manufacturers’ instructions.

During two-rescuer CPR, participants must demonstrate that they can change places in less than 5 seconds and that they know where to go once they switch places. Participants are to simulate rescue breaths after they have changed places. Participants have previously identified that they are able to give rescue breaths during the skill sessions for rescue breathing and one-rescuer CPR.

### **Q When hiring lifeguards, can aquatic facilities impose their own swimming standards for their lifeguards on top of the prerequisite requirements for**

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**successfully entering an American Red Cross Lifeguarding course?**

**A** Yes. The prerequisites that are required in the precourse session are designed only to determine if the participant has the minimum level of strength, speed and comfort in the water required to build upon and learn the skills needed to successfully complete the course. But an American Red Cross certification may not be the only requirement for employment at a specific facility. Aquatic facilities are encouraged to establish their own standards for lifeguards during preemployment and ongoing in-service evaluations.

**Q In January 2007 there were several Lifeguarding (r.06) Program Premieres hosted by national headquarters. Are the slides for that event available to instructors?**

**A** Yes. The presentation slides used for the Premieres are available on the Instructor's Corner at <https://www.instructorscorner.org/ViewDocument.aspx?DocumentId=2461>