



# LIFEGUARD INSTRUCTOR CLASS SCHEDULE 2011 - 2012 SEASON



[www.cityofaustin.org/parks](http://www.cityofaustin.org/parks)

Course Prerequisites include:

- ◆ be at least 17 years old on or before the final scheduled class session and successful demonstration of the following skills:
  - ◆ Pass a written exam with a score of 80% or better on each of the three sections covering lifeguarding, first aid and CPR/AED information.
  - ◆ swim 300 yards continuously, using these strokes in the following order:
    1. 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick.
    2. 100 yards of breaststroke using a pull, breathe, kick and glide sequence.
    3. 100 yards of either the front crawl or breaststroke. The 100 yards may be a combination of the front crawl and breaststroke.
  - ◆ Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7 – 10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.
  - ◆ Tread water for two minutes using legs only.
  - ◆ Pre-requisite Rescue Skills evaluation to include:
    1. Simple assist, extension assist from the deck, reaching assist with equipment and throwing assist.
    2. Swimming extension rescue.
    3. Multiple-victim rescue.
    4. Front & Rear head-hold escapes.
    5. Head splint technique and head and chin support.
    6. In-line stabilization for a submerged victim.
    7. Using a backboard in deep water.
    8. Removing gloves, initial assessment.
    9. Rescue breathing – infant, child and adult.
    10. Using a Bag-valve mask resuscitator – two rescuers
    11. Conscious & unconscious choking – infant, child and adult.
    12. CPR – infant, child, adult.
    13. Two-rescuer CPR – infant, child and adult.
    14. Controlling external bleeding.
    15. Applying a sling and binder.
    16. Manual in-line stabilization for a head, neck or back injury on land.
  - ◆ Rescue scenarios to include:
    1. Active drowning victim.
    2. Passive submerged drowning victim.
    3. Head, neck or back injury in the water.
    4. CPR/AED scenarios.

Please note that the first day of all classes will meet at the pool. Students are required to perform the course prerequisite skills tests (listed above) upon arriving for the first day of class. Students must also be able to attend all dates listed per course to fulfill the completion requirements. There is a \$5.00 transfer fee and a \$10.00 cancellation fee for all classes. If you have any additional questions regarding the lifeguard instructor training course, please contact the Aquatic Office at 974-9332 or [AquaticsOffice@ci.austin.tx.us](mailto:AquaticsOffice@ci.austin.tx.us).

Course Code	Class Dates	Times	Location	Fee for City Employees
LGI 1	March 12 – 16, 2012	9:00am – 5:00pm	Aquatic Office & Stacy Pool	\$100.00
LGI 2	May 14 – 18, 2012	9:00am – 5:00pm	Aquatic Office & Martin Pool	\$100.00



**Persons with Disabilities:** The City of Austin is committed to comply with the Americans with Disability Act. If you require assistance for participation in our programs or use of our facilities, please call 974-9331.