

# Lifeguarding and Aquatic Safety

Course Number: \*\*.\*\*\*\*\*

**Course Description:** This course develops foundational motor skills, movement patterns, and safety procedures related to aquatic activities and lifeguarding. Students will gain proficiency in swimming techniques, water rescues, CPR, First Aid, AED use, and emergency response. The course must include sufficient skill development to ensure that, upon successful completion, students are qualified to work as lifeguards.

*Note: This course may prepare students to pursue certification through nationally recognized lifeguard training organizations, but successful completion does not itself issue certification.*

Motor Skills and Movement Patterns
PELAS.1 The physically educated student demonstrates competency in a variety of motor skills and movement patterns
PELAS.1.a. Demonstrates proficiency in combinations of motor skills related to aquatics.
PELAS.1.b. Demonstrates proficiency and performs aquatic safety skills at a level of competence that contributes to water safety and lifeguarding
PELAS.1.c. Demonstrates proficiency in CPR, First Aid, and AED skills, including ventilations, one-rescuer and two-rescuer CPR, conscious and unconscious choking responses, AED operations, understanding of sudden illnesses, head, neck, and spinal injuries, and control of external bleeding.
PELAS.1.d. Demonstrates all required lifeguarding rescue skills in accordance with national, evidence-based lifeguarding and aquatic safety guidelines from one of the following approved programs or providers: -American Red Cross -American Lifeguard Association -StarGuard Elite -Stop Drowning Now -Other evidence-based providers (e.g., YMCA)

Movement Concept and Principles
PELAS.2 The physically educated student applies the knowledge of concepts, principles, strategies, and tactics related to aquatic safety and lifeguarding.
PELAS.2.a. Applies concepts and terminology associated with lifeguarding and aquatic safety.
PELAS.2.b. Evaluates the skills and strategies needed for various water safety and lifeguarding rescue scenarios.
PELAS.2.c. Assesses the risks and safety considerations associated with various aquatic activities in varying environmental conditions, including heat, humidity, and cold (e.g., sun exposure, dehydration, heat cramps, heat exhaustion, heat stroke, and hypothermia).

PELAS.2.d. Assesses the risks and safety considerations associated with aquatic conditions (e.g., water quality, current, tides, wildlife, water temperature, visibility, first aid accessibility).

#### Fitness

PELAS.3 The physically educated student demonstrates knowledge and skills to help achieve and maintain a health-enhancing level of physical activity and fitness.

PELAS.3.a. Demonstrates endurance, strength, and flexibility necessary for aquatic movement and safety tasks (e.g., physical competency swim)

PELAS.3.b. Demonstrates the physical ability to respond effectively to emergencies and carry out essential life-saving actions. (e.g., treading water, brick retrieval, and rescue swimming)

PELAS.3.c. Explores the physical benefits of maintaining an active lifestyle in the context of aquatic safety and lifeguarding.

PELAS.3.d. Explores the physical benefits of maintaining their lifeguard certification through in-services (swim and skill practice).

#### Personal and Social Behavior, Rules, Safety, and Etiquette

PELAS.4 The physically educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PELAS.4.a. Understands and applies best practices to ensure safety while participating in and around aquatic activities. (e.g., using proper gear, staying alert, knowing rescue techniques, avoiding risky behaviors, adhering to safety guidelines).

PELAS.4.b. Demonstrates proper etiquette and shows respect for others while participating in and around aquatic activities.

PELAS.4.c. Applies safe practices in all aquatic activities.

PELAS.4.d. Demonstrates effective verbal and non-verbal communication required in all aquatic scenarios, including simulated emergency responses.

PELAS.5 The physically educated student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

PELAS.5.a. Performs a basic water rescue, with or without equipment, including simulations of real-life scenarios (e.g., distressed swimmer, submerged victim, spinal injury)..

PELAS.5.b. Applies critical thinking and problem-solving skills in both independent and team-based aquatic scenarios.