

**AMERICAN RED CROSS HEALTH SERVICES/CENTRAL MARYLAND CHAPTER  
4700 MT. HOPE DRIVE, BALTIMORE, MD 21215  
410-764-7000 EXT. 7230**

**LIFEGUARD TRAINING, WATER SAFETY INSTRUCTOR, LIFEGUARDING INSTRUCTOR  
NOTIFICATION FORM**

If you are planning to teach any of the American Red Cross courses listed above, in the Central Maryland Chapter, this form must be completed and returned to the Health Services office, **along with your block plan (see reverse side of this form).** **Certificates will not be issued unless we receive your notification form and course syllabus at least 2 weeks before training.**

At some time during your course, a Red Cross representative may visit your class. The purpose of this visit is to provide instructor support and to answer any questions you may have.

Your instructor's manual contains information regarding necessary equipment, books and instructor/student ratios. Please refer to your manual for this information. If you are planning to use Chapter equipment, there will be an equipment rental fee charged. Equipment should be reserved **at least 2 weeks in advance** by calling Ben Griffin at 410-764-7000, ext. 7110. It is your responsibility to make the reservation, and to pick up and return the borrowed equipment on the specified day.

Books must be purchased for all courses. Each person trained must receive and take with them the textbook or instructor manual for each course they are being trained in. Call Ben Griffin to order textbooks/manuals at 410-764-7000, ext. 7110, or e-mail bgriffin@arc-cmc.org. Book orders and participants must match when course records are submitted.

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**Course being offered:**

<input type="checkbox"/> Lifeguard Training	3460
<input type="checkbox"/> Lifeguard Training	34700
<input type="checkbox"/> Water Front Lifeguard Training	3471
<input type="checkbox"/> Head Lifeguard	3463
<input type="checkbox"/> <b>Lifeguard Training Review</b>	<b>34700R</b>
<input type="checkbox"/> <b>Lifeguard Training Challenge</b>	<b>37600C</b>
<b>(Must submit a copy of Red Cross current Lifeguard Training and CPR for the Professional Rescuer certification for each participant to receive approval.)</b>	
<input type="checkbox"/> Lifeguard Training Instructor	34701
<input type="checkbox"/> Water Safety Instructor	34301

Dates of Training: \_\_\_\_\_ Times: \_\_\_\_\_

Sponsoring Organization: \_\_\_\_\_

Course Location: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

Instructor(s): \_\_\_\_\_

Is this course open to the public?  YES  NO Number of expected participants: \_\_\_\_\_

Is there a fee for the course?  YES  NO If yes, indicate amount of fee: \_\_\_\_\_

**PLEASE COMPLETE BLOCK PLAN ON BACK OF THIS FORM. THIS MUST BE COMPLETE BEFORE TRAINING IS APPROVED.**

Mail to Michael Simmons, American Red Cross, 4700 Mt. Hope Drive, Baltimore, MD 21215

# Lifeguard Training Block Plan

- **Introduction** Date(s) \_\_\_\_\_ Time \_\_\_\_\_
- **Prerequisite Swimming Skills Test**
  - 1. Swim 500 (crawl, breaststroke, sidestroke)
  - 2. Submerge to a minimum depth of 7 ft., retrieve a 10 pound object, and return it to the surface
  - 3. Tread water for 2 minutes using legs only (cross arms across chest or place under armpits)
  
- **Lesson 1 - The Professional Lifeguard** Date(s) \_\_\_\_\_ Time \_\_\_\_\_
  
- **Lesson 2 – Patron Surveillance and Emergency Prep** Date(s) \_\_\_\_\_ Time \_\_\_\_\_
  - \* Includes In-Water Activity: Victim Recognition:
    - Distressed Swimmer
    - Active Drowning Victim
    - Passive Drowning Victim
    - Rotations, Surveillance
    - Zone Coverage
  
- **Lesson 3 – Rescue Skills** Dates(s) \_\_\_\_\_ Time \_\_\_\_\_
  - \* Includes – Extension Assist from the Deck Feet-First Surface
  - Submerged and Multiple- Victim Rescue
  - Escapes and Removal from Water
  - Swimming Extension Rescue
  - Active and Passive Drowning Victim Rear Rescue
  
- **Lesson 4 – Before Providing Care & Breathing Emergencies** Date(s) \_\_\_\_\_ Time \_\_\_\_\_
  - \*Includes – Rescue Breathing
  - Obstructed Airway
  - Resuscitation Mask
  
- **Lesson 5 – Cardiac Emergencies** Date(s) \_\_\_\_\_ Time \_\_\_\_\_
  - \*Includes - One and Two-Rescuer CPR
  - Bag Valve Mask
  - Active and Passive Drowning Victim Rescue
  
- **Lesson 6 - First Aid** Date(s) \_\_\_\_\_ Time \_\_\_\_\_
  - \* Includes - Slings, Binders, Controlling External Bleeding
  
- **Lesson 7 – Head, Neck and Back Injuries n the Water** Date(s) \_\_\_\_\_ Time \_\_\_\_\_
  - \*Includes – In – Line Stabilization Techniques
  - Using a Backboard
  
- Final Written Exam and Final Skill Scenarios** Date(s) \_\_\_\_\_ Time \_\_\_\_\_

**\*This does not reflect the entire course content for each Lesson. Please always follow the course lesson plans in your instructor’s manual. If you need to rearrange the above outline, please submit your revised block plan with the Notification Form**