

YORK UNIVERSITY
KINESIOLOGY AND HEALTH SCIENCE

PKIN 0205.02: Lifesaving - Course Outline

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Scope of Course: An in depth training of lifesaving strokes, skills, first aid and water rescue techniques for those with good swimming and aquatic skills. Students will focus on the development of lifesaving techniques, for the safe rescue of others including rescue breathing / CPR and related first aid for the aquatic environment.

Prerequisite: Swim I or Equivalent (with Instructor's permission) / Emergency or Standard First Aid (Must be completed by the end of the course.)

Recommended Texts: The Canadian Lifesaving Manual (1994). The Lifesaving Society Canada - (\$45.00)
The Lifesaving Society First Aid Manual (Updated 2012). The Lifesaving Society (\$15.00)

Resource: Lifesaving Society Telephone: (416) 490-8844
400 Consumers Road Fax: (416) 490-8766
North York, Ontario E-mail: lifesavingsociety.com
M2J 1P8

Certifications: Candidates meeting the Lifesaving Society (LSS) Standards will be eligible for certification with the LSS Bronze Medallion and Bronze Cross. A minimum of 80% attendance is required to maintain class participation.

Description: This course will introduce participants to safety and rescue procedures, required equipment and its uses for the purposes of self and rescue of others.. It will teach further aquatic skills, and will also encompass individual and teamwork skills. The program will also make participants aware of the role of the lifesaver in the aquatic world and introduces some of the basic practical lifeguarding skills. It will also allows further options for those wanting to take there take their skills to further levels (i.e. – National Lifeguard Service / Swim and Lifesaving Instructors, etc.) which also provide expanded resume benefits and greater employment opportunities.

Evaluation: Practical Evaluation: ~ Practical items: 75% (completed throughout the term)
~ Theory Exam: 25% (completed by the end of term)
~ Assignment: 5% (Rescuer's Checklist)

Please Note: All assignments and the written exam are mandatory and must be submitted as assigned by due date(s). Late assignments will result in a penalty of 10% per calendar day. Non-submission or submissions not as assigned will result in a '10' mark penalty, and loss of the 'Pass / Fail' option. Submissions not as assigned will not be graded. Cheating or plaguerizm will result in an 'F' for both parties.

Content & Learning Outcomes:

A Demonstrated Understanding of the *Theory of lifesaving:

- aims of the Royal Lifesaving Society of Canada
- rescues (risk to rescuer; ladder approach, rescuers checklist)
- causes and activities of aquatic accidents, victim types & simulation
- rescue breathing and adaptations, CPR, circulation / respiration, definitions
- lifesaving fitness
- first aid (heart attack, stroke, external shock, bleeding, shock, hypothermia, etc.)

- EMS entry, use of bystanders, casualty rescue follow up
- cold water & spinal injuries
- self rescue (ice, current, capsizing from a craft)

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A demonstrated understanding of and performance of skills to Lifesaving Standards
(i.e. – Lifesaving Society Award Guide)

- * Rescue Breathing / Obstructed Procedures / CPR / First aid (a minimum of Emergency First Aid is required to complete this course – a Standard First Aid course will be offered)
- * Lifesaving Strokes
 - front crawl, breaststroke, back crawl, legs only, and eggbeater
- * Lifesaving / Rescue Skills
 - aids ,entries, approaches, tows, carries, removals
 - throwing assists (for accuracy)
 - defences, releases
 - spinal rolls, immobilization (shallow, deep, complications)
 - surface dives / aquatic facilities & water searches
- * Lifesaving Rescues (pool & / or waterfront - up to 50m)
 - non-contact rescue
 - two rescuers / deteriorating victim
 - non breathing victim / injured victim / pulseless victim / drowning non swimmer
 - submerged pulseless victim
- * Lifesaving Fitness
 - fitness challenge, continuous swim (timed)

Practical Evaluation Items:

: (Please Note: All items must be successfully complete to LSS standards for certification on this course this course)

First Aid Skills

	<u>Marks</u>
1 Demonstrate: a) primary assessment; b) one & two rescuer adult & child CPR & infant CPR	8
2 Demonstrate obstructed procedures: a) conscious; b) to unconscious; c) unwitnessed (adult, child, infant)	3
3 Demonstrate immobilization & jaw thrust for a suspected land spinal victim.	1
4 Demonstrate the treatment for (2 of) external bleeding, heart attack, stroke, shock, hypothermia,	2
5 Demonstrate a throw for accuracy with buoyant objects. (Within 1m of a target from eight metres 3 out of 4 times)	1
6 Demonstrate 3 types of victim removal with assistance.	1

Rescue / Safety Skills

7 Walk, Spot, Evaluate and Demonstrate safe and unsafe conditions and behaviours (NB checklist)	1
8 Demonstrate: - an aquatic facility search (water - shallow / deep – deck etc.) including bystanders, head and foot first surface dives, underwater swim and surfacing;	2
9 Demonstrate: - eggbeater for 2 min - or - Tread water for 3 minutes supporting a 4.5kg / 10 lb. object	2
10 Demonstrate recognition and understanding of victim simulations	2
11 Demonstrate: a) defences from the front, rear, and side and assume the R & R position;	1
b) releases from the front, rear, and side and assume the R & R position;	1

- 12 Demonstrate a rollover and immobilization of a suspected spinal victim in a) shallow & b) deep water including management of complications 3

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- 13 *Demonstrate in sequence: approach 5m head up, do a head first surface dive to retrieve an object, surface and return (eggbeater) 5m to start point. 1
- 14 *Demonstrate in sequence: approach 25m head up, do a foot first surface dive, retrieve a 4.5kg (10 lb) object, carry object to point of entry, and put it on the side, exit the water and perform rescue breathing on a mannequin. 1
- 15 Swim a 100m individual medley (front crawl, back crawl, breaststroke life saving kick) with a loop & line in 3 minutes or less. 3

Rescues

- 16 *Demonstrate: - starting in the water, approach 20m, using a head first surface dive, contact a submerged victim & return them 20m with a lifesaving carry 3
- 17 *Perform a rescue of an unconscious, non-breathing victim in deep water. Return with the victim to the nearest point of safety. Untrained bystanders assist with victim removal. Rescuer performs appropriate follow-up procedures, including treatment for shock. 3
- 18 Perform a rescue of 2 victims, one of whom will follow verbal instructions, using bystanders 3
- 19 Perform a 5m rescue of a non-breathing victim. Return with the victim, remove, and treat 3
- 20 Perform a rescue of a submerged non-breathing, pulseless victim, remove, and perform appropriate follow-up procedures and treatment. 3
- 21 Perform a 20 m rescues of: a) a victim with a deteriorating condition (bleeding / consciousness . etc.) 3
 b) a drowning non swimmer 3
 Show follow up victim care and the effective use of bystanders
- 22 Perform a 50m rescue with a partner, showing teamwork, victim care and follow up. Rescuers must evaluate their own rescue as part of the overall evaluation. 2

Strokes & Fitness

- 23 Demonstrate 50m each of efficient strokes (front crawl, back crawl, breaststroke, lifesaving kick (eggbeater, & whip kick, or inverted scissor kick) 8
- 24 Perform a continuous swim of or 600m (timed) 15 minutes or less (Subtract 1 mark for every minute or less over 15 minutes) (NB document the time for 500m for the LSS test sheets) 5
- 25 During non-class time, perform the Fitness Challenge for the Bronze Medallion and Bronze Cross. Submit proof of this activity along with a paper (1 page max) defining strength, endurance, power, and flexibility and show the relationship to aquatic fitness. 1

Theory

- 26 Complete a Rescuer's Checklist assignment and return by due date. 5
- 27 Written evaluation of theory and practical course content 25
