



Guidelines for Conducting the Shallow Water Lifeguarding or Aquatic Attraction Lifeguarding to Lifeguarding Bridge Course

The purpose of the bridge course is to give individuals with a current Shallow Water Lifeguarding or Aquatic Attraction Lifeguarding certification the opportunity to gain additional knowledge, skills and certification in the American Red Cross Lifeguarding Program. Upon successful completion of this bridge course, participants will receive an American Red Cross certificate in Lifeguarding/First Aid/CPR/AED, which is valid for 2 years.

This bridge course requires the instructor to review content that appears in both the Lifeguarding and Shallow Water Lifeguarding and/or Aquatic Attraction Lifeguarding courses, including CPR/AED and shallow-water rescue skills. Additionally, the instructor must teach the deep-water rescue skills that appear in the Lifeguarding course by showing video segments, demonstrating skills and conducting skill practice and Putting It All Together sessions.

The instructor uses the *Lifeguarding Instructor's Manual*, in combination with the outline below, to conduct the classroom and in-water skill sessions. Each participant should have the opportunity to view video segments, practice and perform skills for evaluation and complete the final written exams.

L—Lecture/Guided Discussion | A—Activity | V—Video

LSP—Land Skills Practice | WSP—Water Skills Practice | WA—Water Activity

Lesson	Topic	Method	Skills/Video Segments	Time
Precourse	Introduction to the course	A		5 minutes
Precourse	Verification of Prerequisite Certification	A		5 minutes
Precourse	Lifeguarding Course Prerequisite Swimming Skills Evaluation	A	<ul style="list-style-type: none"> Prerequisite 1—300-yard swim Prerequisite 2—Tread Water Prerequisite 3—Timed Event 	40 minutes
Lesson 1	Entries and Approaches	WSP	Skills: <ul style="list-style-type: none"> Slide-In Entry and Swimming Approach Stride Jump and Swimming Approach Compact Jump and Swimming Approach 	20 minutes
Lesson 2	Putting It All Together	WA	Water Activities: <ul style="list-style-type: none"> Round Robin Brick Drill Rescue Tube Relay Ask Drill 	35 minutes
Lesson 3	Rescue Skills Part 1: Rescues at or Near the Surface	WA/ WSP	Water Activity: <ul style="list-style-type: none"> Victim School Skills: <ul style="list-style-type: none"> Active Victim Front Rescue Passive Victim Front Rescue Multiple Victim Rescue Skill Drill—Active & Passive Victim Rescues 	1 hour, 25 minutes
Lesson 4	Rescue Skills Part 2: Submerged Victim Rescues	V	Show the following video segments: <ul style="list-style-type: none"> Water Rescue Skills—Submerged Victim Rescues Extrications 	15 minutes
Lesson 4	Rescue Skills Part 2: Submerged Victim Rescues	WSP	Skills: <ul style="list-style-type: none"> Submerged Passive Victim in Shallow Water Feet-First Surface Dive in Deep Water Head-First Surface Dive in Deep Water Submerged Victim in Deep Water Extrication Using a Backboard at the Pool Edge <i>Optional: Extrication Using a Backboard at the Steps (hot tub or aquatic attraction)</i> 	1 hour, 10 minutes
Lesson 4	Putting It All Together: 4 Part Skill Drill	WSP	<ul style="list-style-type: none"> Part 1: Putting on Gloves with Wet Hands Part 2: Submerged Victim Rescue, Extrication and Gloves Part 3: Rescue and Extrication Challenge Part 4: Team Response—Rescue and Extrication 	1 hour

Lesson	Topic	Method	Skills/Video Segments	Time
Lesson 5	Putting It All Together: Rescue, Extrication, Primary Assessment and BVM	WSP	<ul style="list-style-type: none"> Part 1: Rescue, Extrication, Primary Assessment and BVM Part 2: Lifeguard Station Response Time Testing 	45 minutes
Lesson 6	Putting It All Together: Multiple-Rescuer Response	LSP, WSP	<ul style="list-style-type: none"> Conduct Multiple-Rescuer Response Scenarios 3 and 4 	30 minutes
Lesson 7	Final Written Exam: CPR/AED for Professional Rescuers and First Aid	A		40 minutes
Lesson 7	When Things Do Not Go as Practiced	V, WSP	<ul style="list-style-type: none"> Show the video segment “When Things Do Not Go as Practiced” <p>Skills:</p> <ul style="list-style-type: none"> Front Head-Hold Escape Rear Head-Hold Escape In-Water Ventilations—Deep Water 	35 minutes
Lesson 8	Caring for Head, Neck and Spinal Injuries in the Water	V, WSP	<ul style="list-style-type: none"> Show the video segment “Head, Neck and Spinal Injuries in the Water” <p>Optional: Shallow Water Skills Review</p> <ul style="list-style-type: none"> Over-Arm Head Splint—Face-Up Victim Head splint—Face-Down Victim at or Near the Surface Spinal Backboarding Procedure Spinal Backboarding Procedure—For facilities with High Edges <p>Deep Water Skills:</p> <ul style="list-style-type: none"> Head Splint—Face-Down Victim at or Near the Surface Head Splint—Submerged Victim in Deep Water Spinal Backboarding Procedure 	1 hour
Lesson 9	Final Written Exam: Lifeguarding Skills	A		30 minutes
Lesson 9	Final In-Water Skill Scenarios	A	<ul style="list-style-type: none"> Final Skill Scenario 1: Submerged Passive Victim in Deep Water—Timed Response Final Skill Scenario 2: Multiple-Rescuer Response (<i>use Multiple-Rescuer Response Scenario #3 from Appendix B</i>) 	2 hours, 30 minutes
Total Bridge Course Time			12 hours, 40 minutes	