

Berrien Springs Partnership Syllabus

Lifeguarding

Monday's from 3:30-6:30pm

BASIC CLASS DETAILS/LOCATION

GRADE OR AGE LEVELS: Must be 15 by the last day of the class

START DATE: August 25, 2025

END DATE: December 1,, 2025

Closed for Holiday (No Classes) for the following dates

- Monday, September 1 (Labor Day)
- Monday, October 13 (University Fall Break)

HOURS (REQUIRED): 20 hours in person, 7 hours of online classwork, 2 hours of observation

HOURS (POSSIBLE): 29 hrs

TOTAL SEMESTER HOURS POSSIBLE: 29 hrs

- **1 makeup day offered during the semester for absence due to sickness**

LOCATION/ADDRESS: Andreasen Center for Wellness

8750 West Campus Circle Dr. Berrien Springs MI 49104

MAIN INSTRUCTOR: Katie Mertz (LGI) / Herbie Helm (LGI - for coverage only)

ADDITIONAL PRIMARY INSTRUCTORS (background checked): None

PROGRAM COORDINATOR AND CONTACT INFORMATION

PROGRAM COORDINATOR: Katie Mertz

CONTACT INFORMATION: Phone: 269.471.3257

Email: learn2swim@andrews.edu

WEBSITE: <https://www.andrews.edu/wellnesscenter/services/aquatics/>

REGISTRATION

ADDITIONAL REGISTRATION AT SITE REQUIRED? YES

IF YES, INSTRUCTIONS FOR REGISTRATION: Instructions for new software to come.

COURSE DESCRIPTION

(complete overview shown on website)

The primary purpose of the American Red Cross Blended Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

SYLLABUS/OUTLINE

Students will work through the course material set out by the American Red Cross. Course progression depends on the number of students and their swimming ability, as well as how quickly the class grasps skills.

COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:

Students will successfully complete all the requirements of the American Red Cross Lifeguarding Course. Day 1 is reserved for pre-reqs, online registration, and course orientation.

STUDENT ASSESSMENT

What will be used to evaluate student progress and/or end of semester pass/fail status?

All classes abide by the following:

The Partnership Student Assessment or Performance Form is filled out by the teacher and turned in to Partnership staff. The link to this form is found on the web page for this class. Failing marks for lack of participation, behavior issues, practice time, etc. may result in program discontinuation.

CLASS-SPECIFIC ASSESSMENT

Pre-reqs for the course will take place on the first day. Bring your swimsuit and be prepared for the following:

1. Bring ID to verify your age. (Participants must be 15 years old by the last day of class)
2. Swim 4 laps (200 yds) of front crawl or breaststroke continuously, tread water for 2 minutes without hands, swim 1 lap (50 yds) of front crawl or breaststroke
4. Complete the 10lb brick drill recovery within 1min & 40 sec.

Certification Assessment will consist of passing 100% of the in-person skills content as well as 80% on the Written Exam and Passing the 2 exit Assessments successfully. Additionally the online portion of the class must be successfully completed.

Upon Successful completion Lifeguard Candidates will have:

- Met the obligations of being a Lifeguard
 - Complete all reading and homework assignments.
 - Attend and participate in **all** class lessons and activities.
 - Demonstrate competency in all required skills and activities.
 - Pass the final written exam with a minimum score of 80%

Behavior: Throughout the course you must demonstrate that you are mature and responsible. Certain behaviors will be observed by your Instructor:

- Arriving at class and returning from breaks on time.
- Communicating prior to the absence regarding any missed class time. No guarantees are made regarding the availability of makeup classes for classes missed.
- Paying attention to the Instructor and staying engaged in class activities.
- Being prepared for class activities, such as dressed in swimwear, when required.
- Completing homework assignments.
- Demonstrating that effort was put forth toward homework assignments.
- Behaving appropriately during activities. For example, whether playing the role of a victim during rescues or practice lifeguard scenarios, behaving appropriately, and demonstrating safe behavior, appropriate to the situation.
- Receiving feedback from the instructor/trainer as well as peers in a professional manner.
- Making an effort to improve your own skills.
- Treating others with respect.

ADDITIONAL RESOURCES

(online, books, video, etc.)

The course is a blended learning format, though some books are available for borrowing for the semester and additional online content registration and resources will be made available after the pre-recs are passed successfully on the first day of class.

CLASS POLICIES

ATTENDANCE, BEHAVIOR, WEATHER, ETC.

Attendance: All "check off" skill practice and tests are required for certification and many require multiple people to accomplish. You must make attendance a priority.

Weather: Students will be notified as soon as possible if cancellation of class will occur and scheduling of a makeup time may be required to cover required content.

Other: Students should always come prepared to class, which should include a swimsuit and goggles.