



# INTERNATIONAL SURF LIFESAVING ASSOCIATION

8941 Atlanta Ave. #220 Huntington Beach, CA 92646

Tel. 855-405-ISLA

info@islasurf.org

## ISLA Basic Open Water Lifeguard Course Syllabus

**Dates:** October 5 - October 7, 2012

**Times:** 0800 – 1800 Each Day

**Total Course Hours:** 30

**Location:** Cabarete, Dominican Republic

### Course Description:

The ISLA Basic Open Water Lifeguard Course is designed for people with little or no background in open water lifeguarding. It provides an introductory exposure to both the theoretical and practical components of open water lifeguard subjects such as lifeguard operations, aquatic injury prevention, and basic open water rescue.

**\*NOTE- This course is extremely physically demanding, and requires participants to be in excellent shape. The completion of several long distance swims and runs are required for certification.**

### Course Prerequisites:

- 16 Years of age (with minors consent form, if applicable)
- Ability to swim 500 meters (550 yards) without stopping
- Ability to tread water for five minutes
- Ability to dive to a depth of three meters (Ten Feet)

### Course Objectives:

At the end of this course, the trainee should have the ability to:

- Prevent an accident based on knowledge of physical and social conditions.
- Recognize dangerous aquatic conditions and hazardous areas.
- Identify a victim in distress.
- Discern appropriate responses to a variety of different situations taking into account personal ability and scene safety.
- Effectively execute a basic rescue in open water.

### Course Methods:

This course will be taught primarily through lecture and hands on physical instruction.

### Course Requirements:

- Completion of 5 Physical Events
- One Quiz
- One Test (Must Pass with 80%)
- Two Mock Rescue Practical Examinations
- A good Attitude
- A willingness to learn and push yourself!



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## Grading Procedure:

The Grading Breakdown is as follows:

<u>Physical Event Score</u>	<u>100 Pts</u>
Physical Event # 1*	20 pts.
Physical Event # 2*	20 pts.
Physical Event # 3*	20 pts.
Physical Event # 4*	20 pts.
Physical Event # 5*	20 pts.
<u>Written Test Score</u>	<u>100 pts</u>
Quiz	10 pts
Final Written Test *	90 pts
<u>Practical Test Score</u>	<u>100 pts</u>
Mock Rescue With Equipment	50 pts
Mock Rescue No Equipment	50 pts
<b><u>Total Available Points*</u></b>	<b><u>300 pts.</u></b>

## \*CRITICAL FAILS: Any of the following will make a candidate ineligible for certification:

- Inability to complete any one physical event
- A written test score of 80% or lower
- A Total of 209 points or less

## Attendance Policy

Attendance is required for this very short course. It is imperative that you are on time, and be mentally present in class. If you miss any of the Critical Fail Criteria (Physical Event or Written Test), you will not have the opportunity to make it up, and you will be ineligible for certification.

## Class Room Demeanor Policy

You are expected to be respectful to instructors and other trainees. Lifeguards are public servants, and expected to maintain a degree of professionalism. Derogatory or inflammatory comments will not be tolerated, nor will the rude and distracting use of cell phones during lecture.

## Statement of Accommodation:

If you have specific physical, psychiatric, or learning disabilities and require accommodations, please let an instructor know early in the course so that your learning needs may be appropriately met. We will work with you and make this experience a positive one!

## Honesty Policy:

Dishonesty in any of your work or performance is grounds for failure of this course. Such violations include turning in another person's work as your own, copying another persons answer's on a test, or not completing the correct or entire physical event course. You will be held responsible for your actions.

**Course Schedule: See attached Course Schedule for daily breakdown.**