GUIDELINES FOR CONDUCTING WATERFRONT SKILLS REVIEW COURSE

The purpose of a review course is to give individuals the opportunity to review the course content within a formal course setting. The review course format optimizes a participant’s ability to successfully complete the knowledge and skills evaluations. The responsibility for preparing for the final written exam is shared by the instructor and the participant.

The lesson plans in the Lifeguarding Instructor’s Manual support the following review course outlines and should be used when teaching a review course. Each participant should have the opportunity to view video segments, practice and perform skills for evaluation and complete the final written exam(s) for the course being reviewed.

Individuals with a current Waterfront Skills certificate may participate in a review course.
**WATERFRONT SKILLS REVIEW COURSE OUTLINE**

The review course outline for the Waterfront Skills module has been developed for a class of approximately 10 participants. If your class is larger, you will need to allow more time or have co-instructors or instructor aides help you. The amount of available equipment and assistance from additional instructors may limit class size. Specific instructor-to-participant ratios, equipment-to-participant ratios, as well as participant needs such as breaks, may increase course length.

<table>
<thead>
<tr>
<th>Title</th>
<th>Method</th>
<th>Skills</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction to the Waterfront Skills Module</td>
<td>A</td>
<td></td>
<td>5 minutes</td>
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<tr>
<td>Verification of Certification Prerequisite</td>
<td>A</td>
<td></td>
<td>5 minutes</td>
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</tbody>
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| Waterfront Lifeguarding Course: Prerequisite Swimming Skills Evaluation | A | Prerequisite 1—550-Yard Swim  
Prerequisite 2—Tread Water  
Prerequisite 3—Timed Event  
Prerequisite 4—Underwater Swim | 40 minutes |
| Waterfront Rescue Skills | V |  | 10 minutes |
| In-Water Skill Session | WSP | Run-and-Swim Entry  
Walking Assist  
Beach Drag  
Front-and-Back Carry  
Head Splint—Face-Down in Extremely Shallow Water  
Searching Shallow-Water Areas  
Entering the Water While Wearing Mask and Fins  
Feet-First Surface Dive with Mask and Fins  
Head-First Surface Dive with Mask and Fins  
Approaching a Victim on a Rescue Board  
Rescuing an Active Victim with a Rescue Board in Deep Water  
Rescuing a Passive Victim with a Rescue Board in Deep Water  
Submerged Victim Rescue in Deep Water | 160 minutes |
| Putting It All Together | A | Timed Response  
Submerged Passive Victim in Shallow Water  
Two-Person Removal from the Water Using a Backboard (2 minutes)  
Primary Assessment—Adult  
One-Person CPR (3 minutes) | 20 minutes |
| Final Written Exam: Waterfront Skills Module | A |  | 25 minutes |
| Closing | L |  | 5 minutes |

**Total Approximate Time:** 4 hours, 30 minutes

(without breaks)