



## ISLA Basic Open Water Lifeguard Academy Syllabus

### Academy Description (3 Days / 30 Hours)

The ISLA Basic Open Water Lifeguard Academy 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 academy is extremely physically demanding and requires cadets to be in excellent shape. The completion of several long distance swims and runs are required for certification.**

### Academy Prerequisites

- 16 Years of age (with minor's 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)

### Academy Objectives

At the end of this academy, the cadet 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 considering personal ability and scene safety.
- Effectively execute a basic rescue in open water.

**Academy Methods:** This course will be taught primarily through lecture and hands-on physical instruction.



## Academy Requirements

- Completion of 5 physical events
- One quiz
- One test (must pass with 80%)
- Two Mock rescue practical examination
- A good attitude
- A willingness to learn and push yourself!

## Grading Procedure

The Grading Breakdown is as follows:

Physical Component:

- Physical Event # 1: Pass / Fail
- Physical Event # 2: Pass / Fail
- Physical Event # 3: Pass / Fail
- Physical Event # 4: Pass / Fail
- Physical Event # 5: Pass / Fail

Written Component:

- Day 2; Quiz: 80% Pass
- Day 3; Final Test: 80% Pass

Practical Component:

- Day 3; Simulated rescue with equipment: Pass / Fail
- Day 3; Simulated drowning resuscitation: Pass / Fail

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

- Cheating
- Absence from any of the testing days
- Inability to complete a physical event
- A written test score lower than 80%
- A practical test score lower than 70%



## **Attendance Policy**

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

## **Class Room Demeanor Policy**

You are expected to be respectful to instructors and other cadets. 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. Cadets under the influence of drugs or alcohol will not be allowed to participate in the training course. Tobacco products are prohibited during class hours.

## **Statement of Accommodation**

If you have specific physical, psychiatric, or learning disabilities and require accommodations, please let an instructor know early in the academy 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 academy. Such violations include turning in another person's work as your own, copying another person's answers on a test, or not completing the correct or entire physical event course. You will be held responsible for your actions.

## **Academy Schedule**

See attached Academy Schedule for daily breakdown.