



Together, we can save a life

# Fact Sheet

Health and Safety Services

## Health and Safety Programs

<b>COURSE:</b>	<b>Basic Water Rescue</b>
<b>Course Code:</b>	<b>34400</b>
<b>Purpose</b>	To provide individuals such as public safety personnel, aquatic fitness instructors and aquatic therapists, with information and skills necessary to prevent, recognize and respond to aquatic emergencies. This course will also prepare individuals for aquatic emergencies by teaching them how to protect themselves while assisting others.
<b>Prerequisites</b>	None, but because there is an in-water skills session, it is recommended that participants be comfortable in chest deep water.
<b>Learning Objectives</b>	<ul style="list-style-type: none"><li>▪ Learn to recognize, respond and prevent aquatic emergencies Recognize the common hazards associated with swimming pools and explain how to eliminate or minimize such hazards;</li><li>▪ Recognize the characteristics of someone who needs help in the water;</li><li>▪ Understand and perform self-rescue skills for aquatic emergencies;</li><li>▪ Provide assistance to other using non-swimming rescues;</li><li>▪ Perform proper techniques for possible head, neck or back injuries;</li></ul>
<b>Length</b>	Approximately 4 hours (4 hours, 20 minutes, if showing optional video)
<b>Instructor</b>	Currently authorized Lifeguarding or Water Safety instructor
<b>Certification Requirements</b>	<ul style="list-style-type: none"><li>▪ Attend and participate in all course sessions;</li><li>▪ Successfully perform all required skills; and</li><li>▪ Pass the final written exam with a score of 80 percent or better.</li></ul>
<b>Certificate Issued and Validity Period</b>	Basic Water Rescue – 3 years
<b>Participant Materials</b>	<i>American Red Cross Basic Water Rescue Reference Guide</i> (optional, available from the St Louis Chapter) <i>American Red Cross Swimming and Water Safety Manual</i> (StayWell Stock No. 651300) (optional but not required)