

Practice-Teaching Assignments Tracking Charts

The practice-teaching assignments provide instructor candidates with the opportunity to conduct activities from the course outline in a logical order. The instructor candidate will become familiar with using the instructor's manual, applicable video segment and instructional tools while teaching. Each candidate should be allowed ample time to prepare for his or her assignment.

If the class has more than six instructor candidates, the additional instructor candidates should be given skill practice-teaching assignments from the same skill but for a victim of a different age group. The topics with an asterisk should be assigned in priority for classes with less than eight candidates.

The instructor trainer should assign candidates one practice-teaching assignment for each practice-teaching session. For Practice-Teaching Assignment I, either a lecture or a guided discussion is assigned to each candidate. In Practice-Teaching Assignment II, candidates are assigned an in-water skill demonstration and practice topic. In Practice-Teaching Assignment III, candidates are assigned a First Aid, CPR or AED skill demonstration and practice topic. In Practice-Teaching Assignment IV, candidates are assigned a Putting It All Together Scenario or Multiple-Rescuer Response Scenario assignment. Instructor candidates should use the relevant parts of the instructor's manual, video and participants' materials to prepare and conduct practice-teaching assignments.

Directions for conducting the practice-teaching assignments are in Appendix C of this guide. Candidates must be given a copy of the *Instructor Candidate's Practice-Teaching Workbook* so they will understand their role when carrying out their practice-teaching assignments.

Lifeguarding Instructor Course Practice-Teaching Assignments Tracking Chart

Practice-Teaching Assignment I: Lecture or Guided Discussion (one topic only to each instructor candidate)

Lecture or Guided Discussion	Instructor's Manual	Topic, Time and Activity	Instructor Candidate's Name
The Professional Lifeguard*	Lesson 1; Pages 66 to 67	15 minutes L, V	
Facility Safety*	Lesson 1; Pages 74 to 75	20 minutes L, V	
The Drowning Process*	Lesson 2; Pages 89 to 90	20 minutes L, V	
Effective Surveillance – Victim Recognition*	Lesson 2; Pages 91 to 92	20 minutes L, V	
Lifeguard Testing and Zone Evaluations*	Lesson 2; Page 96	20 minutes L, V	
AED Precautions and Maintenance	Lesson 6; Page 182	10 minutes L, V	
Recognizing and Caring for a Heart Attack*	Lesson 6; Pages 172 to 173	15 minutes L, V	
Caring for Head, Neck and Spinal Injuries in the Water	Lesson 8; Page 221	20 minutes L, V	

Practice-Teaching Assignment II: In-Water Skill Demonstration and Practice (one topic only to each instructor candidate)

Candidates should not “re-teach” the topic but rather start an efficient practice session. Candidates have 15 minutes to conduct the in-water skill demonstration and practice followed by 5 minutes of evaluation.

Skill Demonstration and Practice	Instructor's Manual	Instructor Candidate's Name
Passive Victim Front and Rear Rescues	Lesson 3	
Submerged Victim in Deep Water*	Lesson 4	
Passive Victim Extrication Using a Backboard*	Lesson 4	
Active Victim Front and Rear Rescues*	Lesson 3	
Spinal Backboarding Procedure in Shallow Water for Facilities with High Edges	Lesson 8	
In-Water Skill Session: Entries and Approaches	Lesson 1	
Spinal Backboarding Procedure in Shallow Water*	Lesson 8	
Head Splint—Face-Up and Face Down Victim* Shallow and Deep Water	Lesson 8	

Practice-Teaching Assignment III: First Aid, CPR and AED Skill Demonstration and Practice (One topic only to each instructor candidate) (Video segment, lecture, skill practice)

Candidates should not “re-teach” the topic but rather give a quick demo and start an efficient practice session. Candidates have 15 minutes to conduct the first aid, CPR and AED skill demonstration and practice followed by 5 minutes of evaluation.

Skill Demonstration and Practice	Instructor’s Manual	Instructor Candidate’s Name
Giving Ventilations Using a Bag-Valve-Mask Resuscitator—Two Rescuers	Lesson 5	
Conscious Choking—Infant	Lesson 5	
Giving Ventilations—Infant	Lesson 5	
Two-Rescuer CPR—Adult*	Lesson 6	
Using an AED*	Lesson 6	
Controlling Bleeding	Lesson 7	
First Aid Scenario—performing a Secondary Assessment (Candidate should assign scenarios 1 and 2 to the class)*	Lesson 7	
Using a Resuscitation Mask*	Lesson 5	
Performing a Primary Assessment—Adult and Child*	Lesson 5	
CPR for Obstructed Airway—Adult*	Lesson 6	

Practice-Teaching Assignment IV: Putting It All Together Scenario

Candidates have 15 minutes to conduct the scenarios followed by 5 minutes of evaluation.

Putting It All Together Scenario	Instructor's Manual (Lesson)	Instructor Candidate's Name
Skill Drill: Active & Passive Victim Rescues*	Lesson 3, Page 121	
Skill Drill: Multiple-Rescuer Response Scenario 5 or 6	Lesson 7, Page 213	
Skill Drill: Submerged Passive Victim in Deep Water. Skill Drill Part 3 with extrication challenge	Lesson 4, Page 134-135	
Skill Drill: Multiple-Rescuer Response Scenario 1*	Lesson 6, Page 186	
Skill Scenario: First Aid Scenarios 3, 4, and 5	Lesson 7, Page 204; 207-209	
Skill Drill—Part 2 Lifeguard Station Response Time Testing	Lesson 5, Page 159-160	
Final Skill Scenario 1: Submerged Passive Victim in Deep Water—Timed Response*	Lesson 9, Page 236	
Final Skill Scenario 2: Multi-Rescuer Response number 3*	Lesson 9, Page 237	