

# LIFEGUARDING (OPEN WATER)

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**FT R090 USLA Lifeguard Academy I 3 Units**

*In-Class Hours:* 35 lecture, 52.5 laboratory

*Enrollment Limitations:* Valid CPR Card (BLS) Health Care Provider, and Title 22 First Aid or EMT R109 (Emergency Medical Responder) or EMT R169 (Emergency Medical Technician) or equivalent, and Swim Test Completion 500 yards within 12 minutes.

The Oxnard College Lifeguard Academy is a 90 hour foundational course for aspiring emergency medical responders interested in career opportunities as Open Water Rescuers; either within lifeguard agencies or the fire service. This rigorous academy includes lecture and hands on training in the ocean environment and follows the United States Lifesaving Association required course curriculum for Aquatic Rescue Response Teams, Open Water Lifeguard Certification, and meets the State Fire Marshal requirements for Open Water Rescuer-Basic. The course will include training in marine weather, aquatic hazards, communications, lifesaving rescue techniques, specialized equipment use, medical aid, lifesaving history and aquatic agency career paths. Successful completion of this course requires that students be athletically fit with strong swimming skills and maintain an 80% passing grade for all academic and manipulative tests per State Fire Training.

**Grade Modes:** Letter Graded

**Field Trips:** May be required

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E1

**Transfer Credit:** None

- USLA Lifeguard Academy I, Proficiency Award (<http://catalog.vcccd.edu/oxnard/programs-courses/lifeguarding/usla-lifeguard-academy-i-pa/>)