

USLA LIFEGUARD ACADEMY I, PROFICIENCY AWARD

This proficiency award recognizes the completion of the Oxnard College Lifeguard Academy I, a 90-hour introductory level course for aspiring emergency responders interested in career opportunities as Open Water Aquatic 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 and Open Water Lifeguard Certification. The course will include training in marine weather, aquatic hazards, communications, lifesaving rescue techniques, specialized equipment use, night rescues, medical aid, lifesaving history and aquatic agency career paths. To successfully complete the academy students must be athletically fit with strong swimming skills.

Course ID	Title	Units/ Hours
Required Core Courses		
FT R090	USLA Lifeguard Academy I	3
Total Units		3

Upon successful completion of this program, students will be able to:

- Complete the USLA swim test of 500 meters in less than 10 minutes.
- Perform open water rescue.
- Recognize and execute hand signals used during ocean rescues.