

Secondary PE Department Philosophy Statement

The Waukeee Physical Education program seeks to empower all students to participate in regular, lifelong physical activity to create a foundation for a healthy, productive, and fulfilling life.

Lifeguarding Description

This course may be taught by an instructor from the YMCA. The goal of this course is to provide students with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. Students must provide their own transportation to the Waukeee CSD Natatorium..

Prerequisites:

- 1) At least 15 years old by the end of the course
- 2) Swim 300 yards, continuously demonstrating breath control and rhythmic breathing. Students may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used
- 3) Tread water for 2 minutes using only their legs
- 4) Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 10 feet, retrieve a 10 pound brick, return to the surface, and swim 20 yards back to the starting point with both hands holding the brick. Must exit the water without using a ladder or steps in 1 minute and 40 seconds or less.

***If a student meets certification requirements, they have the option to obtain Red Cross Lifeguarding certification for a fee of \$42.**

Lifeguarding Units

- Entries and Approaches in the water
- Assists and Rescues in the water
- Extrication of victims from the water
- Basic first aid care and techniques
- Care for Breathing and Cardiac emergencies
- Final Scenarios with multiple rescuers in the water and on land

Waukeee CSD 6-12 Guiding Principles

- Responsive instruction and ongoing assessment are necessary for all learners to grow and progress.
- A body of evidence is used to determine proficiency.
- Course grades accurately communicate only academic achievement of the standards.
- Equitable practices and opportunities exist across all classrooms.