

# LIFEGUARD (LIFE)

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**LIFE G010N** 60 Hours (18 lecture hours; 42 lab hours)

**Pool Lifeguard Training**

**Grading Mode:** P/NP/SP Noncredit

Not Transferable.

This noncredit course is designed to introduce and develop the basic lifesaving skills necessary to successfully serve as a pool lifeguard. Topics will include discussion and practice of lifeguard skills, including assessment of an emergency situations, rescue techniques, first aid, and use of emergency equipment. NOT DEGREE APPLICABLE.

**LIFE G050N** 8 Hours (1 lecture hours; 7 lab hours)

**Basic Lifeguard Fitness Qualification**

**Grading Mode:** P/NP/SP Noncredit

Not Transferable.

This noncredit course allows prospective students to qualify for application as a seasonal/fulltime ocean lifeguard position. Testing will include registration, a 1000 yard pool swim, an ocean swim, an ocean run-swim-run, and an oral panel interview. This course will utilize facilities owned and operated by the City of Huntington Beach at their beach headquarters. Open Entry/Open Exit. NOT DEGREE APPLICABLE.

**LIFE G051N** 170 Hours (102 lecture hours; 68 lab hours)

**Ocean Lifeguard Level I Certification**

**Prerequisite(s):** LIFE G050N.

**Grading Mode:** P/NP/SP Noncredit

Not Transferable.

This noncredit course provides Lifeguard Basic Academy training for aspiring emergency responders interested in career opportunities as aquatic rescuers, either within lifeguard agencies or the fire service. This rigorous academy includes lecture and field 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. Training will include; marine weather, aquatic hazards, communications, lifesaving rescue techniques, specialized equipment use, night rescues, medical aid, and interaction with the public. To successfully complete the academy, students must be athletically fit with strong swimming skills. Training for the entirety of this course is conducted at the City of Huntington Beach Department of Marine Safety headquarters. NOT DEGREE APPLICABLE.