

UCSB Jr. Lifeguard CURRICULUM GUIDE

rev 9 Jan 2007

Objectives: Participants in the UCSB (Campus Point) Junior Lifeguard program will

- be introduced to safe aquatic recreation activities
- experience enhanced physical conditioning
- learn to value and take responsibility for stewardship of marine and coastal resources.
- acquire Ocean and Pool Lifesaving, First Aid and CPR skills
- develop self esteem and respect for others by setting and achieving goals, by interacting with positive and supportive instructors, and by learning to work as a part of a team.

*** Introductory lesson ***

1. Program Rules & Introduction to Equipment (day 1 each session)

*** CPR & First Aid ***

2. "CPR for family and Friends": Adult (video)
3. "CPR for family and Friends": Pediatric, Infant
4. Automatic External Defibrillator (AED) training
5. Shock, Diabetes, Stroke and Seizures
6. Spinal Injuries, Bone Fractures, and Exposure
7. Bleeding, Soft Tissue Wounds and Burns
8. Poisons, Bites & Stings



*** Ocean/Lifesaving ***

9. Ocean Lifesaving techniques (each session)
10. Mock Rescues (each session)
11. Beach & Ocean Safety/Marine Mammals/Marine Science (powerpoint)
12. Swimming, paddling and other Competition Skills (powerpoint – each session)
13. Waves and Tides
14. Surfing

*** Marine and Environmental Science (2-4 classes per summer) ***

15. Algae & giant kelp (powerpoint)
16. Earth Sciences (powerpoint)
17. History of Goleta
18. Partner agency presentations and visits (1 or 2 per summer):
 - Santa Barbara Maritime Museum (Ledbetter City Beach)
 - UCSB Marine Science
 - Surfrider Foundation
 - Marine Mammal Center
 - Channel Islands Nat'l Marine Sanctuary
 - SB County Water Planning

*** other events ***

19. US Coast Guard (visit and boat tour)
20. SB County Fire Stations 11 & 17 presentations and demonstrations
21. Haskell's Beach visit
22. Goleta Beach Lifeguard Pier Jump
23. Channel Islands Boat Trip (added fee)
24. "Raging Waters" field trip (added fee)

