SOCIÉTÉ DE SAUVETAGE

AQUATIC EMERGENCY CARE /AED

20 HOUR COURSE

LESSON PLAN

Updated on July 2014

SAUVETAGE SECOURISME NAUTISME ÉDUCATION

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PRÉVENIR LA NOYADE

COURSE INTRODUCTION AND OBJECTIVES

The Aquatic Emergency Care/AED provides candidates with the required knowledge and techniques for emergency care in an aquatic environment. Its practical approach allows them to learn the various care principles for injuries that most frequently occur in swimming pools or aquatic facilities, and the treatment that must be administered to cardiopulmonary arrest victims. This course focuses on verifying vital signs, and assessing priorities, and on basic aquatic emergency care principles.

The course prepares candidates to endorse a first responder role in their workplace during an emergency situation that requires first aid or aquatic lifesaving notions. Candidates will learn how to provide basic treatments in order to stabilize an injury while waiting for medical emergency services.

Candidates also learn to use an automated external defibrillator and to administer adrenalin by using an auto-injector* in any situation described in the *Regulation respecting the professional activities that may be engaged in within the framework of pre-hospital emergency services and care*.

* Content of the MSSS anaphylaxis Rescuers course (1.5 h) must be taught in this course.

LEARNING OBJECTIVES

At the end of the course, candidates will be able to:

- ❑ Recognize and define the five (5) links in the Chain of Survival™;
- ❑ Describe his/her role within the Chain of Survival™;
- ❑ Recognize the controllable and uncontrollable risks factors;
- ❑ List three (3) signs and symptoms of angina / heart attack;
- ❑ List three (3) signs and symptoms of a stroke / transient ischemic attack;
- ❑ Know article 2 of the *Charter of Human Rights and Freedom,* article 1471 of the *Civil Code of Quebec*, the *Civil Responsibility System of Quebec* and the *Regulation Respecting Safety in Public Baths B-1.1, r. 11*;
- ❑ Carry out a primary assessment of a conscious victim and an unconscious victim;
- ❑ Describe the procedure that must be applied when calling for the emergency response services (EMS);
- ❑ Carry out cardiopulmonary resuscitation (CPR) and clear airway obstructions in an adult, a child and an infant;
- ❑ React to possible resuscitation complications;
- ❑ Use an automated external defibrillator (AED);
- ❑ Manage, as a lifeguard, an emergency situation;
- ❑ Define and recognize various health problems described in the different modules, and provide appropriate first aid;
- ❑ Manage a spinal-injured victim in the shallow part of the swimming pool;
- ❑ Manage an unconscious victim, a non-swimmer victim, an injured victim and a submerged victim in an aquatic environment;
- ❑ Recognize signs and symptoms of an anaphylactic reaction;
- ❑ Apply epinephrine administration protocols to a victim know to be allergic.

EVALUATION

The evaluation for this course will be done progressively. Candidates will be evaluated through exercises, activities, practical sessions and practical situations.

COURSE DESCRIPTION

Time required:	❑ 20 hours
Required material:	❑ Canadian First Aid Manual
	❑ Pocket mask and gloves
	❑ Appropriate bathing material (swimsuit, towel, etc.)
Certificate validity:	❑ 2 years if used as a working permit
	❑ 4 years if not used as a working permit

PREREQUISITES:

To be at least 14 years old and be able to swim*. A 10 question pretest regarding the administration of epinephrine must be completed before the course. In order to successfully complete the course, participants will be required to perform specific in-class exercises.

*Being able to swim means to be able to perform the Swim to Survive standard: roll into deep water, tread water for one minute then swim a distance of 50 meters without flotation device.

ATTENDANCE

Attendance and active participation to the course are required in order to successfully complete the training and receive a certification Candidates must attend to at least 90 % of the training in order to receive the certification. It is the candidate's responsibility to update and recover missed lessons due to an absence.

ATTITUDE AND BEHAVIOUR

A respectful and safe behaviour is required throughout the course; otherwise, candidates can be expelled from the course.

ADMINISTRATION

The Lifesaving Society is a non-profit organization that relies on its instructors and affiliate members' involvement, dedication and professionalism. The Lifesaving Society develops its courses in collaboration with a medical committee and various national and international authorities, including the International Lifesaving Federation.

After successfully completing this course, candidates receive a Lifesaving Society award recognized by government authorities. The Lifesaving Society commits to sending the award within 10 business days after having received the candidates' results from the instructor or affiliate member.

As soon as you receive your award, you need to make sure your personal information is accurate; if it is not, you must contact the Lifesaving Society within 3 months after the exam date to make the required modifications.

Do not hesitate to contact us for any comment, suggestion or question, or to learn about how to get involved in one of our programs.

CONTACTS

Course instructor: _____

Phone: _____ E-mail: _____

Course manager (affiliate member): _____

Phone: _____ E-mail: _____

Contact information:

***IMPORTANT NOTICE ***

THE ACCREDITED INSTRUCTOR TEACHING THE COURSE SHOULD ALWAYS REFER CANDIDATES TO OFFICIAL DOCUMENTS PRODUCED BY THE LIFESAVING SOCIETY FOR ANY TECHNICAL QUESTION.

Feeling like broadening your knowledge?

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www.sauvetage.qc.ca

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AQUATIC EMERGENCY CARE/AED COURSE CONTENT

GENERAL ITEMS

Item 1	Standard first aid principles
Item 2	Anatomy and physiology
Item 3	Legal aspects of intervention
Item 4	Transport of injured victim
Item 5	Emergency procedures
Item 6	Communication with the emergency response services
Item 7	Prehospital assessment
Item 8	Primary assessment
Item 9	Secondary assessment

RESUSCITATION

Item 10	Chain of Survival™
Item 11	Resuscitation techniques – Adult, child and infant
Item 12	Airway obstruction – Conscious adult, child and infant
Item 13	Airway obstruction – Unconscious adult, child and infant
Item 14	Rescue breathing complications or specific situations
Item 15	AED functions and knowhow
Item 16	AED protocol for one and two rescuers

FIRST AID ITEMS

Item 17	Shock / fainting
Item 18	Convulsions and diabetic problems
Item 19 (Medical)	a. Cardiovascular emergencies
	b. Respiratory emergencies
	c. Intoxication / poisoning
	d. Abdominal pains
Item 20 (Environmental)	a. Problems due to the cold
	b. Problems due to the heat
	c. Burns
	d. Electrocution
	e. Drowning morbidity / no morbidity
Item 21	Bleeding
Item22	Head and spinal injuries
Item 23 (Traumas)	a. Musculo-skeletal injuries – Upper limbs
	b. Musculo-skeletal injuries – Lower limbs
	c. Soft tissue injuries
	d. Thoracic wounds
	e. Facial wounds

RESCUE

Item 25	Entries / Removals
Item 26	Management of a spinal injury in an aquatic environment
Item 27	a. Rescue - Unconscious victim
	b. Rescue - Non-swimmer victim
	c. Rescue - Injured victim
	d. Rescue - Submerged victim

OTHER ITEMS

Ministère de la Santé et des Services sociaux	*Administrating epinephrine for acute anaphylactic type allergic reactions: People known to be allergic – 1.5 hour.*