



**SAN DIEGO  
MIRAMAR  
COLLEGE**

And The San Diego Regional  
Lifeguard Training Program



PRESENTS

# Intro to Open Water Lifeguarding

(San Diego Regional Lifeguard Academy)

**Catalog Course Description:** This 80-hour introductory level course involves lecture and skills training for those aspiring to be lifeguards for ocean and inland beaches. Subject matter ranges from the history of lifeguarding and the responsibilities of the individual lifeguard, to the hands-on skills required to rescue and assist the public. Content of the course will follow the standards of the United States Lifesaving Association. Special note: This course is extremely physically demanding; excellent health and physical fitness is required; strong swimming skills required in order to successfully pass this course.

The San Diego Regional Academy has rigorous physical training. Included in the physical training are events that must be completed under a specified time, including at least two (2) 500-meter swims in ten (10) minutes or less, a one (1) mile run in eight (8) minutes or less and other timed run-swim-run events.

**YOU WILL BE RUNNING AND SWIMMING ON THE 1<sup>ST</sup> DAY – BRING APPROPRIATE SHOES AND SWIM ATTIRE**

## LFGD 101 – Introduction to Open Water Lifeguarding

Spring 2023 – 3.0 Units

*(Make-up days are only in cases of severe weather conditions where it would be unsafe to enter the water. Students must be present for all days.)*

### Session #1 CRN: 26213

#### Early Spring Course

(Sat/Sun/Mon/Tue/Wed/Thurs/Fri)

March 18, 19, 28, 29, 30, 31, April 1, 2 (Make-up: April 8, 9)

**Time:** 7:45 am – 3:00 pm (includes 1-hr lunch break)

**Location:** NTC/SD Fire-Rescue Training Facility 2580

Kincaid Rd. San Diego, CA 92101 (Classroom #1)

**Hybrid delivery mode with all class meetings in-person**

### Session #2 CRN: 26224

#### Spring Course

(Sat/Sun)

April 8, 9, 15, 16, 22, 23, 29, 30 (Make-up: May 6 and 7)

**Time:** 7:45 am – 3:00 pm (includes 1-hr lunch break)

**Location:** NTC/SD Fire-Rescue Training Facility 2580

Kincaid Rd. San Diego, CA 92101 (Classroom #1)

**Hybrid delivery mode with all class meetings in-person**

Miramamar registration/Course schedule: <https://www.sdccd.edu/future-students/index.aspx>

## LFGD 101A – Emergency Medical Care of the Sick and Injured

(American Red Cross Emergency Medical Response – Spring 2023, 1 Unit)

**Course Description:** This 52-hour introductory course involves lecture and hands on skills training for those individuals who have a duty to respond in emergency situations (first responders). Course involves training in knowledge and skills necessary to sustain life, reduce pain, and minimize the consequences of injury or sudden illness.

**Certifications:** The following Red Cross Certifications are awarded upon successful completion of the standardized Red Cross written exams and hands on skills tests. Emergency Medical Response certification (valid for two years), Basic Life Support for Health Care Providers CPR/AED (valid for 2 years), Oxygen Administration for the Professional Rescuer (valid for one year) and Preventing Disease Transmission (blood borne pathogens). This course is consistent with the U.S. Department of Transportation (DOT) first responder curriculum and exceeds the requirements of the California Health and Safety Code (Title 22).

### Session #1 CRN: 26235

#### Early Spring Course (Tue/Thurs)

March 7, 9, 14, 16, 21, 23, April 4, 6, 11, 13, 18, 20, 25

**Time:** 5:15 pm – 9:15 pm

**Location:** NTC/SD Fire-Rescue Training Facility 2580

Kincaid Rd. San Diego, CA 92101 (Classroom #2)

### Session #2 CRN: 26236

#### Late Spring Course (Mon/Wed/Fri)

April 24, 26, 28, May 1, 3, 5, 8, 10, 12, 15, 17, 19, 22

**Time:** 5:15 pm – 9:15 pm

**Location:** NTC/SD Fire-Rescue Training Facility 2580

Kincaid Rd. San Diego, CA 92101 (Classroom #2)

Miramamar registration/Course schedule: <https://www.sdccd.edu/future-students/index.aspx>

## SUPPLIES

<b>REGIONAL ACADEMY SUPPLIES NEEDED</b>	
1. <i>Uniform T-shirt</i> <i>(available at Miramar College bookstore only)</i>	5. <i>Running Shoes</i>
2. <i>Red Swimsuit (men)</i>	6. <i>Red Athletic Style Swimsuit (Women)</i>
3. <i>Sunglasses</i>	7. <i>Towel</i>
4. <i>Wetsuit</i>	8. <i>Face Mask</i>
<b>SUPPLIES PROVIDED</b>	
Duck Feet Swim Fins	Textbook

<b>EMR COURSE SUPPLIES NEEDED</b>
1. <i>Red Cross EMR Textbook</i>
2. <i>Pocket Mask</i>
3. <i>Face Mask</i>

## COURSE COSTS

(\*This fee is subject to legislative and gubernatorial action and may change without notice)

<b>Regional Academy</b>	<b>CA Resident</b>	<b>Non-Resident</b>
<i>Tuition/Enrollment Fee*</i>	<b>\$138</b> <i>(\$46/unit x 3.0)</i>	<b>\$735</b> <i>(\$224/unit x 3.0)</i>
<i>Health &amp; Accident Fee</i>	<b>\$20</b>	<b>\$20</b>
<i>Boating for Safety Card</i>	<b>\$10</b>	<b>\$10</b>
<i>Student Rep Fee</i>	<b>\$1</b>	<b>\$1</b>
<b>Total CA Res. Cost</b>	<b>\$169</b>	<b>\$766</b>

<b>EMR COURSE</b>	<b>CA Resident</b>	<b>Non-Resident</b>
<i>Tuition/Enrollment Fee*</i>	<b>\$46</b> <i>(\$46/unit x 1)</i>	<b>\$224</b> <i>(\$224/unit x 1)</i>
<i>Health &amp; Accident Fee</i>	<b>\$20</b>	<b>\$20</b>
<i>Red Cross Cert Fee</i>	<b>\$38</b>	<b>\$38</b>
<i>Student Rep Fee</i>	<b>\$1</b>	<b>\$1</b>
<b>Total CA Res. Cost</b>	<b>\$105</b>	<b>\$283</b>

## HOW TO ENROLL

1. **APPLICATION AND ENROLLMENT** - Apply on-line at <https://www.sdccd.edu/students/index.aspx> or fill out a paper application at any *San Diego Community College District campus: City College*, 1313 Twelfth Ave, (619) 230-2475; *Mesa College*, 7250 Mesa College Dr., (858) 627-2682; *Miramar College*, 10440 Black Mountain Rd., (619) 388-7844 or *Educational Cultural Complex*, 4343 Ocean View Boulevard, (619) 388-4883.
2. **ORIENTATION AND SWIM TEST** - Regional Lifeguard Academy: Complete orientation, 500m swim test and one mile run on the first day of the "Intro to Open Water Lifeguarding" class.
3. **ATTEND COURSE** - Attend first day of class.

## JOBS AVAILABLE

### **“A Challenging Career Opportunity”**

Individuals who successfully complete “Introduction to Open Water Lifeguarding” and who possess a BLS CPR certification and “American Red Cross, Emergency Medical Response” or a San Diego County EMT certification are eligible to apply with the following participating lifeguard agencies:

#### For Job and Employment Information Contact:

<b>Camp Pendleton</b>	➤ Lt. Chris Dunn	(760) 725-7437	Christopher.dunn@usmc-mccs.org
<b>North Island</b>	➤ Masako Hobbs	(619) 545-7221	
<b>Coronado</b>	➤ Sgt. Damon Bassett	(619) 522-2625	DBassett@coronado.ca.us
<b>Oceanside</b>	➤ Lt. Blake Faumuina	(760) 435-4035	BFaumuina@oceansideca.org
<b>Encinitas</b>	➤ Lt. Jon Strickland	(760) 633-2768	JStrickland@encinitasca.gov
<b>San Diego</b>	➤ HR Tanya Felix	(619) 221-8844	SDLGTrainingTeam@sandiego.gov or TFelix@sandiego.gov
<b>Imperial Beach</b>	➤ Capt. Jason Lindquist	(619) 628-1420	JLindquist@imperialbeachca.gov
<b>Solana Beach</b>	➤ Lt. Greg Uruburu	(858) 720-4444	GUruburu@cosb.org
<b>Carlsbad</b>	➤ Drew Francis	(760) 473-0933	Drew.Francis@carlsbadca.gov

Note: Each agency has their own employment requirements that may involve additional physical fitness tests, medical examinations, drug screening, vision and hearing tests, possession of a valid California Driver’s License, a legal right to work in the United States, etc. Agencies may or may not be hiring at the completion of these courses. Contact each participating agency for information on hiring. Course certifications are valid for two years. Completion of these courses does not guarantee employment. Provisions of this bulletin do not constitute an expressed or implied contract.

San Diego County EMS:

[https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/emergency\\_medical\\_services/certification\\_and\\_accreditation.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/emergency_medical_services/certification_and_accreditation.html)