
York University
Kinesiology and Health Science
Course Outline
Lifesaving - Pkin 240

Course

Pkin 240 Lifesaving

Term

Fall 2022; Tues/Thurs from Sept 8 to Dec 5. 1:30 to 2:30 pm, no class Oct 11 or 13, 2022

Course Instructor

Nicole Waite

ndownie@yorku.ca

Course Description: The lifesaving Pkin teaches an understanding of the lifesaving principles embodied in the 4 components of water-rescue: judgement, knowledge, skill, and fitness. Participants learn tows and carries, defense and release methods and how to keep themselves safe in and around water and rescue those who may have gotten into difficulty while still maintaining their own safety.

Participants will learn how to rescue conscious and unconscious victims as well as develop stroke efficiency and endurance. The program will also make participants aware of the role of the lifesaver in the aquatic world and introduces some basic practical lifesaving skills. It will also allow further options for those wanting to take their skills to higher levels (i.e. – National Lifeguard / Swim and Lifesaving Instructors, etc.) which also provide expanded resume benefits and greater employment opportunities.

Prerequisites:

- Swim I or Equivalent (Instructor's permission)
- Emergency or Standard First Aid (Must be completed by the end of the course)

Certifications Earned: Students meeting the requirements will be entitled to receive the following certifications which are optional.

- Lifesaving Society Bronze Medallion
- Lifesaving Society Bronze Cross

Learning Outcomes

By the end of this course students will be able to:

1. Demonstrate an understanding of the following:
 - a. The mission and vision of the Lifesaving Society and awareness of its training program opportunities.
 - b. The Drowning Chain of Survival
 - c. Demonstrate knowledge of the Ladder Approach and the Rescuer's Checklist and how the rescuer uses them in decision-making
 - d. Cold water: Demonstrate knowledge of the dangers of cold-water immersion and risk to the rescuer in cold water rescues
2. Demonstrate the following skills:
 - a. How to rescue self and others

- b. Swimming and lifesaving strokes; including, front crawl, back crawl, and breaststroke
- c. Recognize the difference between a weak swimmer and a non-swimmer; and recognize an unconscious victim and an injured victim
- d. Demonstrate three entries with aids and three entries without aids
- e. With the assistance of an untrained bystander, demonstrate the removal of a conscious and an unconscious victim
- f. Defenses and releases
- g. Tows and carries
- h. Demonstrate three assistive carries and three control carries: carry a passive victim 15 m with each carry
- i. Search: Demonstrate an effective shallow water search
- j. Submerged victim recovery
- k. 400-meter endurance swim
- l. Rescues – conscious and unconscious victims

Recommended Resource Material:

- Lifesaving Society Canadian First Aid Manual
- Lifesaving Society Canadian Lifesaving Manual

Evaluation:

- Practical Items and participation -evaluated throughout the course (60%)
- Assignment - date TBD (20%)
- Written test - completed by end of course (20%)

Participation

In order to receive credit for practicum courses, students must attend and actively participate in a minimum of 80% of the classes for the course. Students who miss more than four classes will not pass this Pkin.

Please Note

All assignments are mandatory and must be submitted as assigned by the due date. Assignments received later than the due date will be penalized 1 letter grade per day the assignment is late. Exceptions to the lateness penalty for valid reasons such as illness, compassionate grounds, etc., may be entertained by the Course Instructor but will require supporting documentation (e.g., a doctor's note).

Students may choose to exercise the Pass/Fail option. It is the student's responsibility to notify the instructor that they wish to exercise the Pass/Fail option.

Practicum courses grading scale is A, B, C, F; or Pass/Fail.

Important Course Information for Students

All Students are expected to familiarize themselves with the following information, available on the Senate Committee on Curriculum & Academic Standards webpage. http://www.yorku.ca/secretariat/senate_cte_main_pages/ccas.htm

- York's Academic Honesty Policy and Procedures/Academic Integrity Website
- Ethics Review Process for research involving human participants
- Course requirements accommodation for students with disabilities, including physical, medical, systemic, learning and psychiatric disabilities
- Student Conduct Standards
- Religious Observance Accommodation