

57. Law, Public Safety, Corrections and Security Cluster - Lifeguard Careers (4 hours)

Purpose/Abstract: To introduce students to lifeguard careers.			
NCCCS Adult Education Standards: R.5.2.3, W.2.2.1, M.5.2.7			
<p>Learning Objective: <i>By the end of the session, students will be able to:</i></p> <ul style="list-style-type: none"> Identify and describe at least two basic water rescue techniques and explain why they are important for lifeguards. Explain the basic process of CPR and identify the main actions involved, such as chest compressions and rescue breaths Create a simple cover letter for a lifeguard job application using appropriate capitalization for the inside address, salutation, and closing of the letter. 			
Soft Skills	teamwork, problem solving & critical thinking	Resources	<p>33-9092.00 - Lifeguards, Ski Patrol, and Other Recreational Protective Service Workers</p> <p>Learn Hands-Only CPR from the American Red Cross</p> <p>Water Rescue Skills — Rescues at or Near the Surface</p> <p>How to Write a Cover Letter</p> <p>Math: Interactive Word Problems - 1 Interactive Word Problems - 2 (Optional) Word Problems: Road Trip Worksheet Education.com</p> <p>Handouts: Cover Letter Template - one for each student</p>
<p>Additional Materials</p> <ul style="list-style-type: none"> Cover letter template handout, one for each student Art supplies (glue, glitter, markers, paint, etc.) Pencils, paper, and scissors Computers for student use 			
Icons	 Activity	 Check-In	 Review

PREPARATION

- Watch these videos and be ready to explain them to students.
 - [Learn Hands-Only CPR from the American Red Cross](#)
 - [Water Rescue Skills — Rescues at or Near the Surface](#)
 - [How to Write a Cover Letter](#)



- Review the following worksheets on [Education.com](https://www.education.com) and prepare to assign them digitally or print them out.
 - [Interactive Word Problems - 1](#)
 - [Interactive Word Problems - 2](#)
 - (Optional) [Word Problems: Road Trip | Worksheet | Education.com](#)
- Familiarize yourself with [33-9092.00 - Lifeguards, Ski Patrol, and Other Recreational Protective Service Workers](#) to introduce the role.
- Review the [Instructional Support Guide](#) and print/prepare referenced scaffolds.
- Print handouts.
- Familiarize yourself with [O*NET](#)
- Familiarize yourself with [Skills to Pay the Bills](#), though it won't be used directly in this lesson.

INTRODUCTION (30 min)

Welcome students to the class!

Have students share their favorite water-related memories. Encourage them to share a few details about their memories. Ask students to share how many know how to swim and when they learned to swim.

Directly introduce the lesson topic by introducing the role of lifeguards and ask students to brainstorm what skills are required. You can use information from [33-9092.00 - Lifeguards, Ski Patrol, and Other Recreational Protective Service Workers](#) to guide your introduction.

Discuss the importance of water rescue techniques and CPR skills in lifeguard careers briefly explaining that students will learn more about these in the lesson.

Introduce the objectives of the lesson.

VOCABULARY, READING & WRITING (30 min)

Project this paragraph and have students take turns reading it out loud.

*Lifeguard careers are part of the Law, Public Safety, Corrections, and Security Cluster, and they offer a **vital** service in ensuring the safety of individuals at pools and beaches. While a high school diploma is typically required for these roles, having related experience is **beneficial**. Lifeguards need to be highly attentive and skilled in monitoring and assessing their own performance as well as the safety of others. They must **possess** effective communication skills, as **conveying** information to both colleagues and the public is crucial. Social **perceptiveness** is essential, as lifeguards should understand and respond to the reactions of those they are safeguarding. Service orientation is a key trait, involving actively seeking ways to assist individuals in need. Active listening is **imperative**, enabling lifeguards to fully **comprehend** instructions and concerns. These professionals also require learning strategies to stay updated with the latest techniques and safety*

protocols. *Complex problem-solving skills are vital for identifying potential risks and implementing solutions swiftly. Coordination, critical thinking, and sound judgment play integral roles in making split-second decisions during emergencies. As such, lifeguard careers **encompass** a range of competencies, making them important contributors to public safety and well-being.*

Re-read the paragraph with the class as required and pause to highlight the key points. Lead the students in a challenge to find the meanings of the words in bold print using prior knowledge and context clues. Discuss the paragraph and guide a short discussion on why these skills are important for lifeguards using questions in the reflection section.

 REFLECTION (15 minutes)

- ✓ Ask the following questions to check for comprehension.
 - *What educational requirement is typically needed for lifeguard careers, and why is related experience considered valuable in this field?*
 - *How do lifeguards demonstrate social perceptiveness, and why is this skill important in ensuring the safety of individuals at pools and beaches?*
 - *Imagine you are a lifeguard at a busy beach. Describe a situation where you would need to use both active listening and service orientation skills to address a visitor's concern effectively.*
 - *In the context of lifeguard careers, explain how the skill of complex problem solving can help prevent potential accidents or emergencies. Provide a specific example to illustrate your point.*

Lower Level	Higher Level
Simplify the questions and ask follow-up guiding questions when students volunteer to answer.	Ask students to think and share about the challenges lifeguards might face in their jobs.

MATHEMATICS (45 min)

Explain to students that they will continue practice on solving word problems.

Assign [Interactive Word Problems - 1](#) and [Interactive Word Problems - 2](#) and allow time for students to complete both worksheets.

As students work on the problems, use this time to provide individual assistance and support as needed.

 REFLECTION (10 minutes)

- ✓ Review the answers with the whole class.

Lower Level	Higher Level
Provide individual support as needed.	Assign Word Problems: Road Trip Worksheet Education.com for additional practice.

GROUP WORK (75 min)



In this section students will watch videos to learn about basic water rescue techniques and CPR and why they are important skills for lifeguards.

Divide students into groups of 4. Ensure the groups have students with mixed abilities. Tell students that they will watch a video on water rescue skills and in their groups, write a summary about any two techniques discussed in the video. Encourage students to take notes as they watch the video. Students can also choose to illustrate the steps used in the rescue techniques they select.

First, play [Water Rescue Skills — Rescues at or Near the Surface](#). Replay or pause the video as required. Have a few groups share their summaries.

Next, let students know that they will watch how CPR is performed. Play [Learn Hands-Only CPR from the American Red Cross](#). Encourage them to observe the sequence of steps carefully and take notes. Replay or pause the video as required.

Instruct students to write the steps to perform CPR within their groups and review the order of steps. Tell them to discuss why learning to perform CPR is important whether you're a lifeguard or not.

As groups jot down the steps and discuss, walk around and check that everyone gets a chance to participate.

 REFLECTION (15 minutes)

✓ Review the main takeaways from the videos and discuss the importance of being aware of these life saving skills and have students think about how they can acquire these skills. Share resources they can use to learn more about these.

INDEPENDENT WORK TIME (45 min)

Inform students that one of the key focus areas for lessons in this cluster is to learn how to write a cover letter.

Briefly explain what a cover letter is and play [How to Write a Cover Letter](#). Ask students to share what they learned from the video and clarify any questions that come up. Summarize the key points to consider while writing a cover letter.

Tell students they will practice writing a sample cover letter for a lifeguard job.

Project this sample job description for a lifeguard and have students identify the key skills and responsibilities of the role.

Job Description: Lifeguard

Company: AquaSafe Pools

Location: Oceanville, California

Type: Part-Time

Responsibilities:

- Safeguard swimmers by closely monitoring pool areas and enforcing safety regulations.
- Perform water rescues and administer hand CPR when needed, demonstrating quick thinking and efficient response.
- Collaborate with fellow lifeguards to ensure seamless emergency responses and maintain a secure environment.
- Communicate effectively with patrons, offering guidance on swimming practices and addressing inquiries.
- Maintain cleanliness and organization of the pool area, assisting with equipment setup and takedown.

Qualifications:

- High school diploma or equivalent.
- Valid lifeguard certification from a recognized organization.
- Proficient in basic water rescue techniques and hand CPR.
- Strong team player with excellent problem-solving skills.
- Effective communication abilities and customer-focused mindset.
- Ability to adapt and make swift decisions during emergencies.
- Willingness to work flexible shifts, including weekends.

Application:

If you are passionate about water safety and thrive in a team-oriented environment, apply for the lifeguard position at AquaSafe Pools. Join our dedicated team in ensuring a safe and enjoyable aquatic experience for our community. Submit your resume and cover letter to hr@aqua-safepools.com.

Distribute the cover letter template to students and allow time for them to fill in the sections. Explain that students should focus on filling in the sections typed in blue. Tell them to use the template from the handout and write the cover letter in their notebooks or a piece of paper. Give a few examples of how they can highlight their skills and why they are a good fit for the position. Encourage students to be creative for this assignment.

Keep the JD open so students can refer to it while they write their sample cover letters.

Remind students to use capitalization correctly.

Walk around and support students individually as they write the cover letter.

Lower Level

Show students how to identify the required skills in the JD and how to include them in relation to themselves in the cover letter with examples.

Higher Level

Encourage students to think about how they can acquire skills they lack at the moment and how to convey that to the employer.



WRAP-UP & REFLECTION (15 min)

Have a few students summarize their main learnings from this lesson.

Distribute exit slips to students.

Ask for a few volunteers to share their reflections.

Collect and review the answers.

Cover Letter Template

[Your Name]
[Your Address]
[City, State, ZIP Code]
[Your Email Address]
[Your Phone Number]
[Date]

[Employer's Name]
[Company Name]
[Company Address]
[City, State, ZIP Code]

Dear [Employer's Name],

I am writing to express my strong interest in the Lifeguard position at [Company Name], as advertised. <Write details about why you are interested in the position>

<Write information about your skills, qualifications and why you are a good fit for the role>

Thank you for considering my application. I am eager to discuss how my skills and passion align with [Company Name]'s lifeguard team. Please feel free to contact me at [Your Phone Number] or [Your Email Address] to schedule an interview.

Sincerely,
[Your Signature (if sending a physical letter)]

[Your Typed Name]

Reflection Exit Slip

In one sentence, describe what you learned in this lesson.

Today, I learned _____.

Is one of the careers discussed today of interest to you? Why or why not?

I liked / did not like _____ career because _____

Is there anything you still need help understanding?

What's one question you have?

Circle the emoji that shows how you feel about your mastery of content in this lesson.



Happy



Smart



Confused



Sad



Angry