

LESSON PLAN

JANUARY 2004

COURSE TITLE: Rescue Swimmer Refresher  
Course, Q-050-0604

TERMINAL OBJECTIVE:  
Partially supported by this lesson topic:

CLASSIFICATION: Unclassified

2.0 Upon completion of this unit of instruction, the student will administer Standard First Aid per NAVEDTRA 12081 standards and CPR per current American Red Cross standards without injury to personnel or damage to equipment.

LESSON PLAN NUMBER: 2.1

LESSON TOPIC: American Red Cross CPR for  
the Professional Rescuer

ALLOTTED LESSON TIME: 4.5 Classroom  
4.5 Laboratory

Enabling Objectives:  
Completely supported by this lesson topic:

INSTRUCTIONAL SUPPORT:

1 Classroom Instructor  
1 Laboratory Instructor  
Safety Personnel as required per Annex E of  
Curriculum Outline

2.1 Respond to an emergency per current  
American Red Cross standards.  
2.2 Administer CPR per current American  
Red Cross CPR for the Professional  
Rescuer standards.

INSTRUCTIONAL REFERENCES:

1. American Red Cross CPR for the  
Professional Rescuer Instructor's  
Manual
2. American Red Cross CPR for the  
Professional Rescuer Audiovisual

CRITERION TEST:

Written knowledge test and practical  
skills test per American Red Cross  
standards.

HOMEWORK: None

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

INSTRUCTIONAL AIDS:

1. American Red Cross CPR for the Professional Rescuer Manual
2. VCR and Monitor
3. Blankets
4. Resuscitation Masks
5. Bag-valve Masks
6. CPR Mannequins (Adult, Child, and Infant)

INTRODUCTION

Display name and lesson topic.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

A. Establish Contact

1. Introduce self, give rank, current job.
2. State background, schools, duty stations, etc.
3. State question and answer policy.
4. Review training time out policy.
5. Ask for medical concerns:
  - a. Has anyone gone to the hospital/branch clinic for treatment within 24 hours, and are you taking any medications?
  - b. Has anyone taken over-the-counter medications within 24 hours?
  - c. Are there any potentially disqualifying illnesses/conditions for which you are currently being evaluated?

Refer questionable cases to the department's senior medical representative for disposition.

B. State Lesson Objectives

Turn to cover page of Lesson Plan and paraphrase objectives.

C. Establish Readiness

1. Motivating Statements

Establish importance and relevance of lesson material using personal experience or anecdote.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

2. Lesson Overview

Briefly outline material to be covered.

- a. Lesson Topic: American Red CPR for the Professional Rescuer
- b. Major Teaching Points:
  - (1) Adult CPR
  - (2) Child CPR
  - (3) Infant CPR
  - (4) 2 Person CPR
  - (5) Bag-valve Mask Resuscitation

PRESENTATION

A. CPR for the Professional Rescuer

Administer American Red Cross CPR for the Professional Rescuer course. Refer to current ARC directives.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

SUMMARY

A. State Lesson Objectives

Turn to cover page for objectives.

B. Review Major Teaching Points

Briefly summarize.

APPLICATION

Students will practice segments of the CPR for the Professional Rescuer course under the supervision of an ARC Instructor during the course.

EVALUATION

A. Practical skills test.

B. Written test.

ASSIGNMENT

None.