

MILWAUKEE COUNTY TRAINING PROGRAM

MINIMUM REQUIREMENTS

Minimum requirements to begin the Milwaukee County training program:

- Must be at least 15 years of age to train and 16 years of age by the time of employment
- Resident of the State of Wisconsin
- Able to swim 100 meters 1:45 or less

Milwaukee County Lifeguard requirements:

- Must Pass Civil Service exam- Skills taught in 12 hours of in-water training
- Must obtain Emergency Medical Responder Certificate-Obtained through 40 hour Emergency Medical Responder Course
- Must obtain CPR and AED Certification- Certification as AHA BLS for Healthcare Providers

IN-WATER TRAINING/CIVIL SERVICE REQUIREMENTS

Before a person is hired with Milwaukee County, they undergo a Civil Service Examination Process. To successfully complete the certification process, a person must demonstrate their swimming ability and water safety techniques.

To ensure a high quality of Lifesaving, the Corps has developed and maintains a sound and effective In Water Training to develop the techniques and skills necessary to perform the duties of a Lifeguard. Candidates are trained through hands on demonstration and practical training of skills. Throughout the course, candidates perform skills on partners, course instructors, and mock victims. This course provides candidates with the knowledge and skills required to pass the Civil Service Exam at the end of the course.

The seven components of the In-Water Training and Civil Service Examination are:

- 100 meter swim in 1:45 or less
- Retrieving a Submerged Object
- Front Surface Approach and Cross Chest Carry
- Rear Surface Approach and Cross Chest Carry
- Front Head Hold Release to a Cross Chest Carry
- Rear Head Hold Release to a Cross Chest Carry
- Double Grip on the Wrist Release to a Cross Chest Carry

- EMERGENCY MEDICAL TRAINING AND CPR

Milwaukee County Lifeguard Corps partners with Milwaukee County Emergency Medical Service (EMS) to provide emergency medical care training and Cardiopulmonary Resuscitation (CPR) to Lifeguards.

- EMERGENCY MEDICAL RESPONDER (EMR)

- Milwaukee County Emergency Medical Service (EMS) follows the Emergency Medical Responder: National Standard Curriculum. This is a 40 hour course designed to instruct a Lifeguard on their role in the Emergency Medical Service System. Skills taught in this course include, but are not limited to: roles, legal issues, basic anatomy and physiology of the human body, airway management, patient assessment, vital signs, diagnosis and treatment of medical emergencies, bleeding and soft tissue management, injuries and management of muscles and bones, and childbirth. The American Heart Association (AHA) CPR and AED course for Basic Life Support (BLS) is also covered in the curriculum.
- In training, candidates are exposed to injury and rescue situations by both live demonstration and videos that demonstrate proper handling of situations. Candidates will work with partners, EMS Instructors, and mock victims when practicing the hands on, first aid skills.
- This course utilizes *Emergency Medical Responder: Your First Response in Emergency Care* published by Jones and Bartlett. Candidates are able to utilize the book during the duration of the class and have a study guide to assist with accumulating the information to help as a reference moving forward.
- Every three years, returning Lifeguards must take a 24 hour refresher course to update skills and techniques. This course follows the basic outline of the course but does not include CPR and AED training.

- CARDIOPULMONARY RESUSCITATION (CPR)

- Milwaukee County Lifeguard Corps requires all Lifeguards to be CPR and AED certified using American Heart Association (AHA) criteria for Basic Life Support (BLS).
- Initially, CPR is a component of the Emergency Medical Responder course and is taught and assessed under the supervision of the Milwaukee County EMS. A potential Lifeguard will not fulfill the requirements of the First Responder course if they do not pass the criteria for CPR.
- A Lifeguard's certification is INVALID without a current CPR certification.