I. Overview

Student Recreation and Wellness will be overseeing a lifeguard certification course taught by student employee and lifeguard Jana Metko under the supervision of her mother and volunteer Susan Metko (currently a certified lifeguard instructor trainer).

This course will provide up to eight students the opportunity to get their lifeguard certification at a low cost. In addition, not only will participants learn lifeguarding skills, but they will also be certified in Professional CPR and First Aid.

The availability of this offering will be dependent upon campus alert levels and adhere to existing University policy. All University guidelines will be followed.

All class coursework will take place online on the student’s own time. There will be one or two virtual meetings to go over the class coursework. The course will require 20 hours of in-person training with some additional hours for testing. All in-person meetings will take place at Albee Pool. The in-person portion of this course will take place on April 10, 17, 24, and May 1 from 9am-4pm. The format of this course is consistent with similar courses being taught nationally during the pandemic.

II. Applicability:

This procedure applies to all participants and instructors. There will be no visitors, spectators, or non-participants allowed at this training.

III. Procedure: Moderate Alert Protections in Place

A. Procedure/Process

1. Testing:
   i. Course instructor Jana Metko will be responsible for tracking in-person class attendance. Documentation of this tracking will be available upon request.
   ii. All participants and instructors will be required to be tested for COVID-19 weekly using the University testing facility at Albee Hall.
iii. University staff member Tony Dirth will be responsible for tracking the participant’s testing. Information about participant tests will not be provided to the student instructor. Documentation of this tracking will be available upon request.
   iv. Students who test positive or are deemed close contacts must follow the procedures of the University for the isolation or quarantine period as required.

2. Self-Assessment: Participants will complete the University’s Self-Assessment on the UWO App.

3. Temperature Checks will be checked and tracked by Jana Metko prior to participants entering the pool area. Temperatures must be under 100.4 degrees to enter the pool. Participants with a temperature of over 100.4 degrees Fahrenheit will not be allowed to participate and encouraged to get tested.

4. University Staff Supervision: Tony Dirth will be on site to begin every in-person session in order to ensure compliance with this SOP.

5. Additional Supervision: Jana requires this course to become a certified lifeguard instructor trainer. Her mother, Susan Metko, will provide course oversight as a volunteer.

B. Face Covering Requirements
   1. Face coverings will be worn while on deck at all times and will only be taken removed if entering the water.

C. Physical Distancing Parameters
   1. Program participants will be working closely together to practice rescue skills. Rescue skills take place in the water and unmasked. Rescue skills consist of different ways lifeguards pull both active and passive drowning victims from the water to the pool deck.
   2. Program participants will work in pairs when practicing rescue skills, maintaining the same partner for the duration of the course to reduce the risk of the virus spreading.
   3. When participants are not practicing rescue skills, a minimum of six feet physical distancing will be observed.

D. Hygiene
   1. All participants must sanitize hands before completing a rescue.

E. Disinfection
   1. After every use, all shared equipment (Mannequin, Rescue Tubes, BMV, AED) will be disinfected before the next use.

IV. Procedure Modifications: Very High Alert
   1. Course will not take place.

V. Procedure Modifications: High Alert
   1. Course will not take place.

VI. Procedure Modifications: Low Alert
   1. Course will take place at outlined in this SOP.

VII. Guidance Documents/Policy Links:
    • UW Oshkosh COVID-19 Guidelines: https://uwosh.edu/titans-return/
    • Red Cross: Aquatic Facilities & Lifeguarding During COVID-19 | Red Cross
VIII. Templates/Forms:
   a. UWO Self-Assessment Form -

IX. Definitions
   • BMV – Bag Valve Mask
   • AED – Automated External Defibrillator

X. Revision History:
   Created: 3/16/21
   Revised/Reviewed: