

Welcome to Lifeguard Training!

Here is our schedule of classes including homework and tests that will be given.

Date	Homework Due that day	Topics Covered
6/1 5-9pm	<ul style="list-style-type: none"> ● Introduction ● The Professional Lifeguard - 20 minutes ● Facility Safety and Patron Surveillance - 2 hours 10 minutes ● Injury Prevention - 40 minutes 	<ul style="list-style-type: none"> ● Bring ID with birthdate- must be government issued ● Prereq skills: 300 yard swim, brick tow, and treading water ● The Professional Lifeguard ● Injury Prevention and Rescue Skills
6/3 5-9pm	<ul style="list-style-type: none"> ● Water Rescue Skills - 1 hour ● Head, Neck and Spinal Injuries - 30 minutes 	<ul style="list-style-type: none"> ● Submerged Passive Victims in Shallow Water ● Head, Neck, and Spinal Injuries
6/4 12-6 pm	<ul style="list-style-type: none"> ● Before Providing Care and Breathing Emergencies - 40 minutes ● Cardiac Emergencies and Using an AED - 45 minutes 	<ul style="list-style-type: none"> ● Bring extra set of clothes for scenarios ● Before Providing Care, Victim Assessment and Breathing Emergencies ● Standard Precautions ● Before Providing Care and Breathing Emergencies ● Cardiac Emergencies and Using an AED
6/5 12-6 pm	<ul style="list-style-type: none"> ● First Aid - 55 minutes ● Conclusion ● Study! 	<ul style="list-style-type: none"> ● Finish CPR ● First Aid ● Written Test ● Water Test

Some Friendly Reminders:

- Bring swimsuits to all class meetings; we will be getting in the water.
- Bring Snacks! These are long classes and you'll be doing laps so be sure to bring snacks and drinks.
- On **6/4 bring extra clothes**. Boys bring an extra shirt and girls bring an extra shirt and pair of shorts. We will be doing an activity to show you how it feels to rescue someone like you would in a real life situation.
- 6/4 & 6/5 pack a lunch: we will be working through our lunch pending on what topics still need to be covered.

You must attend **ALL classes** and must score **80% or higher** on all written tests to pass this class.

Please arrive to class on time, we have a lot of skills to cover!

Cell phones are allowed but are not to be out during class time, only during break times.