

# 2018 Lifeguard Training Academy

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## 2018 Lifeguard Training Academy Schedule (week)

May 6- 12, June 3- 9

**Sunday, May 6/June 3**

**8am (pool, classroom)**

500 meter swim test,  $\frac{1}{2}$  mile run, brick tow and underwater swim, Rescue Skills, Lifesaving History, Use and Protection of Americas Beaches, Role of the Professional Lifeguard, Open Water Lifeguard Qualification, The Surf Environment, Weather

**Monday, May 7 / June 4**

**8am (classroom)**

Blood Bourne Pathogens, Critical Incident Stress Management, Drowning, Preventative Lifeguarding, Water Surveillance, Basic Rescue, Lifeguard Health and Safety, Aquatic Life and Related Hazards, Medical Care in an Aquatic Environment, SCUBA Related Illness and Treatment

**Tuesday, May 8/ June 5**

**8am (classroom)**

Human Body, Lifting and Moving Patients, Scene Size Up, Primary Assessment, Airway, Ventilation and Management, Oxygen Administration, Cardiac Emergencies

**Wednesday, May 9/ June 6**

**8am (classroom)**

CPR and AED Training, History Taking and Secondary Assessment, Medical Emergencies, Poisoning, Substance Misuse and Abuse

**Thursday, May 10/ June 7**

**8am (classroom)**

Assisting with a Epinephrine Auto- Injector, Shock, Bleeding and Trauma, Tourniquet Use, Underwater Searches and Recovery, Professionalism, Records and Reports, the Responsible

Lifeguard, Policy and Procedures

**Friday, May 11/ June 8**

**8am (classroom, beach)**

Spinal Injury Management, Written Tests, Ocean Rescue Skills

**Saturday, May 12/ June 9**

**8am (beach)**

Pier Rescue, PRWC Response and Rescue, Rescue Board Use and Multiple Victim Response