

2019 Lifeguard Training Academy Schedule (week)

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May 12- 18, June 9- 15

Sunday, May 12/June 9 8am (pool AFC, classroom 1pm- 5pm)

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 13/ June 10 8am- 5pm (classroom)

Blood Borne Pathogens, Finding Balance, Drowning, Preventative Lifeguarding, Water Surveillance, Basic Rescue, Lifeguard Health and Safety, Aquatic Life and Related Hazards, Medical Care in an Aquatic Environment

Tuesday, May 14/ June 11 8am- 5pm (classroom)

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

Wednesday, May 15/ June 12 8am- 5pm (classroom)

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

Thursday, May 16/ June 13

8am- 5pm (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, Spinal Injury Management, Written Tests

Friday, May 17/ June 14

8am (beach)

Ocean Rescue Skills

Saturday, May 18/ June 15

8am (beach)

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