

2019 Weekend Training Academy Schedule

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April 12- May 5

Friday, April 12 **8pm** (pool)

500 meter swim test, $\frac{1}{2}$ mile run, brick tow and underwater swim

Saturday, April 13 **8am- 5pm** (classroom)

Lifesaving History, Use and Protection of Americas Beaches, Role of the Professional Lifeguard, the Surf Environment, Weather, Drowning, Preventative Lifeguarding, Water Surveillance, Basic Rescue, Aquatic Life and Related Hazards, Medical Care in an Aquatic Environment

Sunday, April 14 **8am** (pool 8am- 12pm, 1pm- 5pm
classroom)

Rescue Skills, Human Body, and Primary Assessment, Moving a Victim, Lifting and Moving, Moving an ill or Injured Person

Friday, April 19 **5pm- 9pm** (classroom)

Airway, Ventilation and Management, Oxygen Administration

Saturday, April 20 **8am- 5pm** (classroom)

Blood Bourne Pathogens, Finding Balance, Cardiac Emergencies, CPR and AED Training,

Friday, April 26 **5pm- 9pm** (classroom)

History Taking and Secondary Assessment, Medical Emergencies

Saturday, April 27 **8am- 5pm** (classroom)

Poisoning, Substance Misuse and Abuse, 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

Sunday, April 28 **8am- 5pm** (classroom)

Policy and Procedures, Spinal Injury Management, Written Tests

Saturday, May 4 **8am** (beach)

Ocean Rescue Skills, Spinal Injury Management in a Beach Environment, Communication and Radio Use, Code X

Sunday, May 5 **8am** (beach)

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