

# 2018 Weekend Lifeguard Training Academy

[2018 Weekend Lifeguard Training Academy](#) (Download)

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

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

**Friday, April 13** 5pm (classroom)

Lifesaving History, Use and Protection of Americas Beaches, Role of the Professional Lifeguard, Open Water Lifeguard Qualification, the Surf Environment, Weather

**Saturday, April 14** 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

**Sunday, April 15** 8am (pool, classroom)

Rescue Skills, Human Body, Lifting and Moving Patients, Scene Size up, Primary Assessment

**Friday, April 20** 5pm (classroom)

Airway, Ventilation and Management, Oxygen Administration, Cardiac Emergencies

**Saturday, April 21** 8am (classroom)

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

**Sunday, April 22** 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, April 27**                      **5pm** (classroom)

Spinal Injury Management, Written Tests

**Saturday, April 28**                **8am** (beach)

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

**Sunday, April 29**                **8am** (beach)

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