

Lifeguard Training Class Schedule (Blended Learning)

LESSON	WHERE	WHEN	WHAT
Pre-Course	Pool	FRIDAY, AUGUST 28 5:00pm - 8:00pm	Pre-requisite swim test: swim 300 yards continuously retrieve a 10-pound object from depth of 8 feet and tow it back (on your back) 20 yards complete a timed tread test
LESSONS 1 - 5	Conference Room & Pool	SATURDAY, AUGUST 29 9:00am - 6:00pm (break for lunch)	Ch. 1 - The Professional Lifeguard Ch. 2 - Facility Safety Ch. 3 - Surveillance and Recognition Ch. 4 - Injury Prevention Ch. 5 - Emergency Action Plans Ch. 6 - Water Rescue Skills In Water Skills: Entries, Approaches, and Rescue Skills
Lesson 6 - 10	Conference Room & Pool	SUNDAY, AUGUST 30 9:00am - 6:00pm (break for lunch)	Ch. 7 - Before Providing Care and Victim Assess- ment Ch. 8 - Breathing Emergencies Ch. 9 - Cardiac Emergencies Ch. 10 - First Aid Ch. 11 - Caring for Head, Neck and Spinal Injuries REVIEW FOR TEST In Water Skills: Shallow and Deep Water Spinal
Final Exam	Conference Room & Pool	MONDAY, AUGUST 31 5:00pm - ?	Final Exams: Written tests (80% score on each test) Practical tests - CPR (100%) & Water (test to the objective)