

Time	Topic	Length	Instructor	Location	Equipment/Materials
	Welcome and Introductions	10 min	All	Classroom	
	Logistics <ul style="list-style-type: none"> Academy outline and schedule overview Course materials Verification of pre-course work Expectations/Participation Successful completion/academy requirements Personal Information Sheet 	50 min		Classroom	
	The Professional Lifeguard Video: The Professional Lifeguard	15 min		Classroom	DVD
	Decision Making	5 min		Classroom	Presentation (LG Ch. 1)
	Legal Considerations	10 min		Classroom	Presentation (LG Ch. 1)
	Continuation of Training	10 min		Classroom	Presentation (LG Ch. 1)
	Being Part of a Team	15 min		Classroom	Presentation (LG Ch. 1)
	Facility Safety	10 min		Classroom	Presentation (LG Ch. 2)
	Weather Conditions	5 min		Classroom	Presentation (LG Ch. 2)
	Rules and Regulations	20 min		Classroom	Presentation (LG Ch. 2)
	<i>County Policies and Regulations</i> <ul style="list-style-type: none"> <i>Attendance PM/Logbook procedures</i> <i>CPOE</i> <i>Workplace Violence</i> <i>Pay/Timecards/Direct Deposit</i> 	30 min		Classroom	PPT
	Entries and Approaches Video: Entries and Approaches	10 min		Classroom	DVD
	In Water Skills Sessions – Entries and Approaches <ul style="list-style-type: none"> Slide-in Entry and Walking Approach Slide-in Entry and Swimming Approach Stride Jump and Swimming Approach 	40 min		Pool	Skills Sheets

	• Compact Jump and Swimming Approach				
	LUNCH	1 hour			
	Management and Facility Safety	10 min		Classroom	Presentation
	The Drowning Process	10 min		Classroom	
	EMR Ch. 1 – The Emergency Medical Responder	45 min		Classroom	
	Video: Surveillance – Victim Recognition	10 min		Classroom	DVD
	Video: Scanning	10 min		Classroom	DVD
	Video: Zones of Surveillance -Responsibility	10 min		Classroom	DVD
	Video: Injury Prevention	15 min		Classroom	DVD
	<i>Drowning Videos</i>	15 min		Classroom	DVD
	Guarding a Variety of Activities	10 min		Classroom	
	Guarding Play Structures, Special Attractions and Water Slides	20 min		Classroom	
	Physical Training	30 min		Pool/Park	
	In Water Skills Sessions – Review Skills, Victim Recognition and Lifeguard Rotations	45 min		Pool	
	Wrap up and prep for day 2/Announcements	20 min		Classroom	
Total		8 hours			

Time	Topic	Length	Instructor	Location	Equipment/Materials
	EMR Chapter 2 – Blood borne Pathogens: Preventing Disease Transmission. The Well-Being of the Emergency Medical Responder	1 hour 50 min		Classroom	
	Physical Training – 1 mile (timed)	30 min		Pool/Park	
	EMR Chapter 3 – Medical, Legal and Ethical Issues	1 hour		Classroom	
	Guarding for Organized Recreational Swim Groups	20 min		Classroom	Presentation
	LUNCH	1 hour			

	EMR Chapter 4 – The Human Body	45 min			
	Emergency Action Plans Video: Emergency Action Plans	20 min		Classroom	DVD
	Rescue Skills, Part 1: Distressed and Active Victim Rescues Video: Water Rescue Skills – Rescues at or near the surface	10 min		Classroom	DVD
	In-Water Skill Session – Part 1 <ul style="list-style-type: none"> • Reaching Assist from Deck • Simple Assist • Active Victim Front Rescue • Active Victim Rear Rescue • Passive Victim Rear Rescue • Multiple Victim Rescue 	1 hour 25 min		Pool	Skills Sheets
	Putting it all Together	35		Pool	Skills Sheets
	Video: Review-Surveillance Activity I	10		Classroom	DVD
	Video: Water Rescue Skills-Submerged Victim Rescues	10		Classroom	DVD
	In-Water Skill Session – Part 2 <ul style="list-style-type: none"> • Submerged Passive Victim in Shallow Water • Feet-First Surface Dive in Deep Water • Head-First Surface Dive in Deep Water • Submerged Victim in Deep Water • Two-Person Removal from the Water Using a Backboard 	1 hour 10 min			
	Wrap up and prep for day 3/Announcements	15 min			
Total		8 hours			

Time	Topic	Length	Instructor	Location	Equipment/Materials
	EMR Chapter 5 – Lifting and Moving Patients	30 min		Classroom	

EMR Chapter 8 – Scene Size-Up, EMR Chapter 7 – Primary Assessment, EMR	30 min		Classroom	
Physical Training	1 hour			
Video: Standard Precautions Skill: Removing Disposable Gloves	10 min		Classroom	DVD
General Procedures for an Emergency on Land	5 min		Classroom	
Video: Performing a Primary Assessment Skill: Performing a Primary Assessment –Adult, Child, Infant Video: Primary Assessment – Child and Infant Skill: Using a Resuscitation Mask Skill: Performing a Primary Assessment – Child or Infant	50 min		Classroom	
EMR Chapter 8 – History Taking and Secondary Assessment	45 min		Classroom	
EMR Chapter 9 – Communication and Documentation	45 min		Classroom	
Lunch	1 hour			
Video: Giving Ventilations – Adult, Child, and Infant Skill: Giving Ventilations – Adult Skill: Giving Ventilations – Child and Infant	15 min		Classroom	
Giving Ventilations Using a Bag-Valve-Mask Resuscitator Video: Using a Bag-Valve-Mask Resuscitator - Two Rescuers Skill: Giving Ventilations Using a BVM - Two Rescuers	45 mins		Classroom	
Airway Obstruction Video: Conscious Choking – Adult and Child Skill: Conscious Choking – Adult and Child Video: Conscious Choking – Infant Skill: Conscious Choking – Infant Video: Unconscious Choking – Adult, Child, and Infant Skill: Unconscious Choking – Adult and Child Skill: Unconscious Choking – Infant	1 hour		Classroom	DVD & Skills Sheets
Review – Rescues/Manikin Retrieval, Brick Retrieval/Escapes	1 hour 15 min		Classroom	Skills Sheets

	Wrap up and prep for day 4/Announcements	15 min		Classroom	
Total		8 hours			

Time	Topic	Length	Instructor	Location	Equipment/Materials
	EMR Chapter 10: Airway and Ventilation	45 min		Classroom	Stations on Pool Deck
	EMR Chapter 8 – History Taking and Secondary Assessment. EMR Chapter 9 – Communication and Documentation	45 min		Classroom	Stations on Pool Deck
	EMR Chapter 12: Emergency Oxygen	45 min		Classroom	Stations on Pool Deck
	EMR Chapter 14: Medical Emergencies	45 min		Classroom	Stations on Pool Deck
	EMR Chapter 15: Poisoning, Substance Misuse and Abuse	45 min		Classroom	Stations on Pool Deck
	Lunch	1 hour			
	Recognizing and Caring for a Heart Attack	15 min		Classroom	
	Cardiac Arrest Video: Heart Attack and the Cardiac Chain of Survival	5 min		Classroom	
	CPR Video: CPR – Adult and Child Skill: CPR – Adult and Child Video: CPR – Infant Skill: CPR - Infant	1 hour		Classroom	
	Two – Rescuer CPR Video: Two – Rescuer CPR – Adult and Child Skill: Two – Rescuer CPR – Adult and Child Video: Two – Rescuer CPR – Infant Skill: Two – Rescuer CPR – Infant	1 hour		Classroom	
	In Water Skills from Lifeguard Manual	45 hour		Pool	Skills Sheets
	Wrap up and prep for day 5/Announcements	5 min			

Total	8 hours
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Time	Topic	Length	Instructor	Location	Equipment/Materials
	EMR Chapter 18: Shock EMR Chapter 19 Bleeding and Trauma	45 min			
	EMR Chapter 16: Environmental Emergencies Chapter 17 Behavioral Emergencies	45 min			
	When the Heart Stops and AEDs	15 min		Classroom	
	Using an AED Video: Using an AED Skill: Using an AED Video: Using an AED – CPR in Progress	45 min		Classroom	
	AED Precautions and Maintenance	10 min		Classroom	
	Putting It All Together: Multiple Victim Rescue Video: Putting It All Together: Multiple Rescuer Response – CPR in Progress	5 min			
	EMR Chapter 20: Soft Tissue Injuries EMR Chapter 21: Injuries to the Chest, Abdomen and Genitalia	45 min			
	Review – Surveillance Activities Video: Review – Surveillance Activities	10 min			
	Sudden Illness Video: Responding to Sudden Illness	10 min			
	Responding to Injuries Video: Responding to Injuries Skill: Controlling Bleeding Skill: Splinting	45 min			
	Lunch				
	EMR Chapter 22: Injuries to Muscles, Bones and Joints	30 min			
	EMR Chapter 23: Injuries to the Head, Neck, and Spine	30 min			

	When Things Do Not Go as Practiced Video: When Things Do Not Go as Practiced	5 min			
	Review – Surveillance Activities Video: Review – Surveillance Activities	10 min			
	Sudden Illness Video: Responding to Sudden Illness	10 min			
	Responding to Injuries Video: Responding to Injuries Skill: Controlling Bleeding Skill: Splinting	45 min			
	Caring for Head, Neck, and Spinal Injuries on Land Video: Head, Neck and Spinal Injuries on Land Skill: Caring for the Nonstanding Victim for a Suspected Head, Neck or Spinal Injury on Land Skill: Caring for a Standing Victim of a Suspected Head, Neck or Back Injury on Land	25 min			
	In-Water Skill Session: When Things Do Not Go as Practiced	30 min			
	Wrap up and prep for day 6/Announcements	5 min			
Total		8 hours			

Time	Topic	Length	Instructor	Location	Equipment/Materials
	EMR Chapter 24: Childbirth	45 min			
	EMR Chapter 25: Pediatrics	45 min			
	Physical Training	1 hour			
	EMR Chapter 26: Geriatrics and Special Needs Patients	40 min			
	Lunch	1 hour			

	Caring for Head, Neck and Spinal Injuries in the Water Video: Head, Neck and Spinal Injuries in the Water	20 min			
	In-Water Skill Session: Head, Neck and Spinal Injuries <ul style="list-style-type: none"> • Head Splint – Face-Up Victim At or Near the Surface in Shallow Water • Head Splint – Face-Down Victim At or Near the Surface in Shallow Water • Head Splint – Submerged Victim in Shallow Water • Spinal Backboarding Procedure-Shallow Water • Head Splint – Face-Up and Face Down Victim At or Near the Surface in Deep Water • Head Splint – Submerged Victim in Deep Water • Spinal Backboarding Procedure – Deep Water 	2 hours 40 min			
	Review- Water skills from Lifeguarding	45 mins			
	Wrap up and prep for day 7/Announcements	15 min			
Total		8 hours			

Time	Topic	Length	Instructor	Location	Equipment/Materials
	Timed 1 Mile Run	30 hour			
	EMR Chapter 29: Hazardous Materials Emergencies	20 min			
	EMR Chapter 27: EMS Support and Operations	20 min			
	Review – Rescue Breathing, CPR, FA, AED, Resuscitator	2 hours 50 minutes			
	Lunch	1 hour			
	Final Written Exam: Section 1 – CPR/AED for the Professional Rescuer and First Aid	40 min			
	Final Written Exam: Section 2 – Lifeguarding Skills	40 min			
	Physical Training	30 min		Pool	
	In-Water Skill Session: General Skills Review	30 min			

	Final In-Water Skill Scenarios <ul style="list-style-type: none"> Final Scenario: Head, Neck or Spinal Injury in Shallow Water Final Scenario: Active Victim in Deep Water Final Scenario: Submerged Passive Victim in Deep Water – Team Response 	1 hour 15 min			
	Wrap up and prep for day 8/Announcements	15 min			
Total		8 hours			

Time	Topic	Length	Instructor	Location	Equipment/Materials
	EMR Chapter 30: Incident Command and Multiple Casualty Incidents	30 min			
	EMR Chapter 31: Disasters, Terrorism and Weapons of Mass Destruction	30 min			
	EMR Chapter 32: Special Operations	30 mins			
	HAZMAT	1 hour 30 mins			PPT
	Lunch	1 hour			
	EMR	1 hour 30 minutes			
	Final Skills CPR AED Resuscitator Spinal Management Rescues/Escapes	3 hours			
	Congratulations	30 mins			
Total		8 hours			