



**East Bay Regional Park District  
Lifeguard Service**

Facility: _____
Friday Ending: _____

# Weekly Training Log

Enter training code(s) under day that Lifeguard participated in that training								<i>TRAINING CODES</i>
Name	Sat	Sun	Mon	Tues	Wed	Thur	Fri	A = Rescues
								B = Missing Person
								C = Spinal Management
								D = Water Surveillance
								E = Lifeguarding Other
								F = CPR/AED
								G = Patient Assessment
								H = Oxygen Administration
								I = Airway Management
								J = Medical Other
								K = LSM Review
								L = Documentation
								M = Boat Training
								N = Procedures Other
								O = Full Simulation
								P = Paddle
								Q = Run
								R = Swim
								S = Physical Other
								T = Other

**Briefly describe all individual and/or group training and include the amount of time spent covering each topic.**

<b>Sat</b>	
<b>Sun</b>	
<b>Mon</b>	
<b>Tues</b>	
<b>Wed</b>	
<b>Thurs</b>	
<b>Fri</b>	

I verify that the above named personnel participated in the training described.

02/08

Signature of Head Lifeguard: \_\_\_\_\_

Date: \_\_\_\_\_