

## Junior Lifeguards – Lesson Plan

### Session 8: If It Breaks, Splint It Day 1 AM

<i>Time</i>	<i>Skills</i>	<i>Equipment/ Area to Use/ Techniques</i>
1 hour	Check – in and Set – up <ul style="list-style-type: none"> <li>– Swim Test – pass 25 yards</li> <li>– Hand out and initial uniforms</li> <li>– Discuss Rules and week’s theme</li> <li>– Sunscreen application</li> </ul>	
30 mins	Morning Training <ul style="list-style-type: none"> <li>– Stretch</li> <li>– Exercise</li> <li>– Game</li> </ul>	<ul style="list-style-type: none"> <li>– Have JG’s introduce themselves</li> </ul>
30 mins	Lifeguarding Skills: <ul style="list-style-type: none"> <li>– Rescue Tubes</li> <li>– Dolphin Diving</li> <li>– Active Victims</li> </ul>	<ul style="list-style-type: none"> <li>– Explain how to use a rescue tube (wrap and deploy)</li> <li>– Demonstrate how to do a dolphin dive</li> <li>– Demonstrate a conscious victim tube rescue</li> </ul>
30 mins	Theme of the Week: <ul style="list-style-type: none"> <li>– Injuries: Sprains, Broken Bones, Compound Fractures, Stress Fractures, Twists, Dislocated Joints, etc</li> <li>– Scar Stories</li> </ul>	<ul style="list-style-type: none"> <li>– Explain to JG’s all the different types of injuries and show pictures</li> <li>– Have JG’s tell their own stories of broken bones or scars</li> </ul>
15 mins	Break	<ul style="list-style-type: none"> <li>– Sunscreen application</li> </ul>
15 mins	Lecture: <ul style="list-style-type: none"> <li>– What’s the difference between a sprain, strain, twisted, and rolled ankle?</li> <li>– What are physical signs and symptoms of an injury?</li> </ul>	<ul style="list-style-type: none"> <li>– Explain to JGs</li> </ul>
30 mins	Game or Activity <ul style="list-style-type: none"> <li>– King Neptune</li> <li>– Ultimate Ball</li> </ul>	<ul style="list-style-type: none"> <li>– Refer to JG Manual pg 81</li> </ul>
30 mins	Review <ul style="list-style-type: none"> <li>– Go over the days Lifeguard Skills, Theme of the Week, and Lecture</li> </ul>	<ul style="list-style-type: none"> <li>– Ask if anyone has questions</li> </ul>
1 hour	LUNCH	

## Junior Lifeguards – Lesson Plan

### Session 8: If It Breaks, Splint It Day 1 PM

<i>Time</i>	<i>Skills</i>	<i>Equipment/ Area to Use/ Techniques</i>
1 hour	LUNCH	
30 mins	Afternoon Training <ul style="list-style-type: none"> <li>– Stretch</li> <li>– Exercise</li> <li>– Game</li> </ul>	<ul style="list-style-type: none"> <li>– Introduce afternoon JG's</li> <li>– Sunscreen application</li> </ul>
30 mins	Lifeguarding Skills: (Rescue Tubes Cont.) <ul style="list-style-type: none"> <li>– Multiple Victim Rescue</li> <li>– Submerged Victim</li> <li>– The “Dosie – Doe” technique</li> </ul>	<ul style="list-style-type: none"> <li>– Demonstrate how to approach multiple victims and who to save first</li> <li>– Demonstrate how to pick up a victim under water (first on land, then in water)</li> <li>– Demonstrate how to pull a victim on a rescue tube</li> </ul>
30 mins	Theme of the Week: <ul style="list-style-type: none"> <li>– DOTS: D- deformities, O- open wounds, T- tenderness, S- swelling</li> <li>– CMSTP: C- color cap refill, M- motion, S- sensation, T- temperature, P- pulse</li> </ul>	<ul style="list-style-type: none"> <li>– Explain and demonstrate how to perform DOTS/CMSTP</li> </ul>
15 mins	Break	
15 mins	Lecture: <ul style="list-style-type: none"> <li>– Why do lifeguards use DOTS and CMSTP?</li> <li>– When would you use them?</li> <li>– How do these help the victim?</li> </ul>	<ul style="list-style-type: none"> <li>– Explain to JGs</li> </ul>
30 mins	Game or Activity <ul style="list-style-type: none"> <li>– Under Water Tag</li> </ul>	<ul style="list-style-type: none"> <li>– Refer to JG Manual pg 81</li> </ul>
30 mins	Review <ul style="list-style-type: none"> <li>– Go over the days Lifeguard Skills, Theme of the Week, and Lecture</li> </ul>	<ul style="list-style-type: none"> <li>– Ask if anyone has questions</li> </ul>
1 hour	Clean up and session breakdown	

## Junior Lifeguards – Lesson Plan

### Session 8: If It Breaks, Splint It Day 2 AM

<i>Time</i>	<i>Skills</i>	<i>Equipment/ Area to Use/ Techniques</i>
1 hour	Check – in and Set – up AM Session – Sunscreen application	
30 mins	Morning Training – Stretch – Exercise – Game	
30 mins	Lifeguarding Skills: – Rescue Boards – Rules and Safety on rescue boards	<ul style="list-style-type: none"> <li>– Demonstrate how to deploy a rescue board safely and how to steer</li> <li>– Demonstrate how to approach a victim safely</li> <li>– Demonstrate a conscious victim board rescue</li> </ul>
30 mins	Theme of the Week: – Soft Splints – Splinting: Arms and Feet (Remember to DOTS and CMSTP)	<ul style="list-style-type: none"> <li>– Explain and demonstrate how to make a soft splint</li> </ul>
15 mins	Break	<ul style="list-style-type: none"> <li>– Sunscreen application</li> </ul>
15 mins	Lecture: – Why would you use a soft splint? – When would you use one? – What body parts can use a soft splint? – What materials can you use?	<ul style="list-style-type: none"> <li>– Explain to JGs</li> </ul>
30 mins	Game or Activity – Clothespin Samurai	Refer to JG Manual pg 81
30 mins	Review – Go over the days Lifeguard Skills, Theme of the Week, and Lecture	<ul style="list-style-type: none"> <li>– Ask if anyone has questions</li> </ul>
1 hour	LUNCH	

## Junior Lifeguards – Lesson Plan

### Session 8: If It Breaks, Splint It Day 2 PM

<i>Time</i>	<i>Skills</i>	<i>Equipment/ Area to Use/ Techniques</i>
1 hour	LUNCH	
30 mins	Afternoon Training <ul style="list-style-type: none"> <li>– Stretch</li> <li>– Exercise</li> <li>– Game</li> </ul>	<ul style="list-style-type: none"> <li>– Sunscreen application</li> </ul>
30 mins	Lifeguarding Skills: (Rescue Boards Cont.) <ul style="list-style-type: none"> <li>– Multiple Victim Rescue</li> <li>– Submerged Victim</li> </ul>	<ul style="list-style-type: none"> <li>– Demonstrate how to approach multiple victims and how to save first</li> <li>– Demonstrate an unconscious board rescue and how to place a victim on the board</li> <li>– Explain proper placing of a victim on the board</li> </ul>
30 mins	Theme of the Week: (Soft Splinting cont.) <ul style="list-style-type: none"> <li>– Splinting: Ribs, Legs, Pelvis, Collar Bone, Elbows, Knees, and Ankles (Remember to use DOTS and CMSTP)</li> </ul>	<ul style="list-style-type: none"> <li>– Explain and demonstrate how to make the splints</li> </ul>
15 mins	Break	–
15 mins	Lecture: <ul style="list-style-type: none"> <li>– What is the importance of soft splints?</li> <li>– Why do you need to check for CMSPT before and after splinting?</li> </ul>	<ul style="list-style-type: none"> <li>– Explain to JGs</li> </ul>
30 mins	Game or Activity <ul style="list-style-type: none"> <li>– The Machine</li> </ul>	<ul style="list-style-type: none"> <li>– Refer to JG Manual pg 81</li> </ul>
30 mins	Review <ul style="list-style-type: none"> <li>– Go over the days Lifeguard Skills, Theme of the Week, and Lecture</li> </ul>	<ul style="list-style-type: none"> <li>– Ask if anyone has questions</li> </ul>
1 hour	Clean up and session breakdown	

## Junior Lifeguards – Lesson Plan

### Session 8: If It Breaks, Splint It Day 3 AM

<i>Time</i>	<i>Skills</i>	<i>Equipment/ Area to Use/ Techniques</i>
1 hour	Check – in and Set – up AM Session – Sunscreen application	
30 mins	Morning Training – Stretch – Exercise – Game	
30 mins	Lifeguarding Skills: – SAMPLEDDD: S- signs/symptoms, A- age/allergies, M- medications, P- past history, L- last oral intake, E- events proceeding, D- diabetes, D- drugs, D- diseases – What is SAMPLEDDD for?	– Explain and demonstrate SAMPLEDDD
30 mins	Theme of the Week: – Rigid Splints – Splinting Arms – Severe Bleeding	– Explain and demonstrate how to make a rigid splint – Demonstrate and explain how to stop severe bleeding
15 mins	Break	– Sunscreen application
15 mins	Lecture: – Why would you use a rigid splint? – When would you use one? – What body parts can use a rigid splint? – What materials can you use?	– Explain to JGs
30 mins	Game or Activity – Clothespin Samurai	– Refer to JG Manual pg 81
30 mins	Review – Go over the days Lifeguard Skills, Theme of the Week, and Lecture	– Ask if anyone has questions
1 hour	LUNCH *Remind JG's to bring food for the last's day Potluck	*Suggest things that JG's could bring (cookies, chips, drinks, \$ for pizza, ect.)

## Junior Lifeguards – Lesson Plan

### Session 8: If It Breaks, Splint It Day 3 PM

<i>Time</i>	<i>Skills</i>	<i>Equipment/ Area to Use/ Techniques</i>
1 hour	LUNCH *Remind JG's to bring food for the last's day Potluck	*Suggest things that JG's could bring (cookies, chips, drinks, \$ for pizza, ect)
30 mins	Afternoon Training <ul style="list-style-type: none"> <li>- Stretch</li> <li>- Exercise</li> <li>- Game</li> </ul>	<ul style="list-style-type: none"> <li>- Sunscreen application</li> </ul>
30 mins	Lifeguarding Skills: <ul style="list-style-type: none"> <li>- Carries: Beach Drag, 2 Person Seat Carry, Assisted Walk, Clothes Drag, Backpack Carry</li> <li>- The importance of personal safety</li> </ul>	<ul style="list-style-type: none"> <li>- Explain and demonstrate how to do the carries</li> </ul>
30 mins	Theme of the Week: <ul style="list-style-type: none"> <li>- Splinting Review</li> <li>- Soft and Rigid Splints</li> <li>- Review Severe Bleeding</li> </ul>	<ul style="list-style-type: none"> <li>- Have JGs demonstrate how splint with soft and rigid splints and stop severe bleeding</li> </ul>
15 mins	Break	
15 mins	Lecture: <ul style="list-style-type: none"> <li>- Splint Techniques: How to splint in the wilderness</li> <li>- What kinds of objects can you use in the wilderness?</li> </ul>	<ul style="list-style-type: none"> <li>- Explain to JGs</li> </ul>
30 mins	Game or Activity <ul style="list-style-type: none"> <li>- Rescues with yellow balls</li> </ul>	<ul style="list-style-type: none"> <li>- Refer to JG Manual pg 81</li> </ul>
30 mins	Review <ul style="list-style-type: none"> <li>- Go over the days Lifeguard Skills, Theme of the Week, and Lecture</li> </ul>	<ul style="list-style-type: none"> <li>- Ask if anyone has questions</li> </ul>
1 hour	Clean up and session breakdown	

## Junior Lifeguards – Lesson Plan

### Session 8: If It Breaks, Splint It Day 4 AM

<i>Time</i>	<i>Skills</i>	<i>Equipment/ Area to Use/ Techniques</i>
1 hour	Check – in and Set – up AM Session – Sunscreen application	
30 mins	Morning Training – Stretch – Exercise – Game	
30 mins	Lifeguarding Skills: – Escapes: Front and Rear – When and Why would you need to escape from a victim during a rescue?	– Demonstrate and explain how to escape from a victim during a rescue
30 mins	Theme of the Week: – Anatomical Splints – Review Carries	– Demonstrate and explain anatomical splints – Have JGs demonstrate all carries
15 mins	Break	– Sunscreen application
15 mins	Lecture: – Anatomical Splints vs Rigid Splints – Rigid Splints vs Soft Splints	– Explain to JGs the differences of the splints and the proper time to use a specific splint
30 mins	Game or Activity – Beach Flags	– Refer to JG Manual pg 81
30 mins	Review – Go over the days Lifeguard Skills, Theme of the Week, and Lecture	– Ask if anyone has questions
1 hour	LUNCH	

## Junior Lifeguards – Lesson Plan

### Session 8: If It Breaks, Splint It Day 4 PM

<i>Time</i>	<i>Skills</i>	<i>Equipment/ Area to Use/ Techniques</i>
1 hour	LUNCH	
30 mins	Afternoon Training <ul style="list-style-type: none"> <li>– Stretch</li> <li>– Exercise</li> <li>– Game</li> </ul>	<ul style="list-style-type: none"> <li>– Sunscreen application</li> </ul>
30 mins	Lifeguarding Skills: <ul style="list-style-type: none"> <li>– Review Escapes</li> <li>– Spinals on land: C – Spine, C – Collar, Backboarding on Land</li> </ul>	<ul style="list-style-type: none"> <li>– Have JGs demonstrate escapes</li> <li>– Demonstrate and explain to how hold C – Spine, put on a C – Collar and backboard a victim on land</li> </ul>
30 mins	Theme of the Week: <ul style="list-style-type: none"> <li>– PERRLA: P- pupils, E- equal, R- round, R- reactive, L- light, A- accommodating</li> <li>– How to make a stretcher</li> </ul>	<ul style="list-style-type: none"> <li>– Explain and demonstrate PERRLA</li> <li>– Explain and demonstrate how to make a stretcher</li> </ul>
15 mins	Break	
15 mins	Lecture: <ul style="list-style-type: none"> <li>– Monitoring a Victim</li> <li>– What do you monitor?</li> <li>– How often to you check the victim?</li> </ul>	<ul style="list-style-type: none"> <li>– Explain to JGs</li> </ul>
30 mins	Game or Activity <ul style="list-style-type: none"> <li>– Wounded Solider</li> </ul>	<ul style="list-style-type: none"> <li>– Refer to JG Manual pg 81</li> </ul>
30 mins	Review <ul style="list-style-type: none"> <li>– Go over the days Lifeguard Skills, Theme of the Week, and Lecture</li> </ul>	<ul style="list-style-type: none"> <li>– Ask if anyone has questions</li> </ul>
1 hour	Clean up and session breakdown	



## Junior Lifeguards – Lesson Plan

### Session 8: If It Breaks, Splint It Day 5 AM

<i>Time</i>	<i>Skills</i>	<i>Equipment/ Area to Use/ Techniques</i>
1 hour	Check – in and Set – up AM Session – Sunscreen application	
30 mins	Morning Training – Stretch – Exercise – Game	– JG’s get to choose the exercise and game
30 mins	Lifeguarding Skills: – Review Spinals – Head – to – Toe check	– Have JGs demonstrate C – Spine, C – Collar and backboarding – Demonstrate and explain a head – to – toe check
30 mins	Theme of the Week: – Review DOTS, CMSTP, SAMPLEDDD, and PERRLA – Challenge: Spinal scenario on land and JGs have to complete a head – to – toe with acronyms	
15 mins	Break – Prepare the JG’s Certificates of Completion	– Sunscreen application
15 mins	Lecture: – Vital Signs: Blood Pressure and Pulse – Major Arteries: Corotid, Brachial, Radial, Femoral, Pedal	– Demonstrate and explain how to take blood pressure and pulse
30 mins	Game or Activity – JG’s get to choose!	– Refer to JG Manual pg 81
30 mins	Review – Go over the days Lifeguard Skills, Theme of the Week, and Lecture	– Ask if anyone has questions
1 hour	LUNCH *Potluck for JG’s last day!	*Set up food (order pizza, bring out all the drinks/food) *After lunch hand out JG’s Certificates of Completion

## Junior Lifeguards – Lesson Plan

### Session 8: If It Breaks, Splint It Day 5 PM

<i>Time</i>	<i>Skills</i>	<i>Equipment/ Area to Use/ Techniques</i>
1 hour	LUNCH *Potluck for JG's last day!	*Set up food (order pizza, bring out all the drinks/food) *After lunch hand out JG's Certificates of Completion
30 mins	Afternoon Training <ul style="list-style-type: none"> <li>– Stretch</li> <li>– Exercise</li> <li>– Game</li> </ul>	<ul style="list-style-type: none"> <li>– Sunscreen application</li> <li>– JG's get to choose the exercise and game</li> </ul>
30 mins	Lifeguarding Skills: <ul style="list-style-type: none"> <li>– Review any of the lifeguard skills from the week (JG's choice)</li> </ul>	<ul style="list-style-type: none"> <li>– Keep it related to the sessions theme</li> </ul>
30 mins	Theme of the Week: <ul style="list-style-type: none"> <li>– Review DOTS, CMSTP, SAMPLEDDD, and PERRLA</li> <li>– Challenge: Have lifeguards surprise JG's with a random injury (with Head Guards permission)</li> </ul>	<ul style="list-style-type: none"> <li>– JG's will have to decide what splints to use or to backboard the victim</li> </ul>
15 mins	Break	<ul style="list-style-type: none"> <li>– Sunscreen application</li> </ul>
15 mins	Lecture: <ul style="list-style-type: none"> <li>– Review Vital Signs</li> </ul>	<ul style="list-style-type: none"> <li>– Have JGs demonstrate how to take vital signs</li> </ul>
30 mins	Game or Activity <ul style="list-style-type: none"> <li>– JG's get to choose</li> </ul>	<ul style="list-style-type: none"> <li>– Refer to JG Manual pg 81</li> </ul>
30 mins	Review <ul style="list-style-type: none"> <li>– Go over the days Lifeguard Skills, Theme of the Week, and Lecture</li> </ul>	<ul style="list-style-type: none"> <li>– Ask if anyone has questions</li> </ul>
1 hour	Clean up and sessions breakdown *Make sure JG's have their certificates and any food/containers they had brought for the potluck	