

Lifeguard 101



Monday	Tuesday	Wednesday	Thursday	Friday
<u>9:00-9:30am</u> First Day Talk	<u>9-9:15a: Roll Call</u> uniform check + sunscreen Focus Trait	<u>9-9:15a: Roll Call</u> uniform check + sunscreen Focus Trait	<u>9-9:15a: Roll Call</u> uniform check + sunscreen Focus Trait	<u>9-9:15a: Roll Call</u> uniform check + sunscreen Focus Trait
First Day Talk: *See manual for topics to cover Station 1: PT- a) follow the leader b) stretching Station 2: FA Lecture: BSI precautions; <u>BENAMES w/primary assessment (ABCs)</u> FA Activity: glove removal race & primary assessment races Station 3: Activity- Resuscitation skills/Oxygen Admin.	Station 1: PT- calisthenics w/ long distance paddle Station 2: Activity- a) Med pack b) MIR form Station 3: FA lecture- Symptoms & treatment for: - shock - heart attack - hypothermia - seizures vs. stroke - frostbite - broken/knocked out tooth - heat exhaustion, heatstroke, and heat cramps	Station 1: PT- run, swim, run w/ long distance paddle Station 2: Activity- Cross-Bearing Race Station 3: Lecture- a) Lifeguard rotation and stations & General responsibilities Game: clothespin samurai	Station 1: PT- obstacle course w/ long distance paddle Station 2: Lecture: Patient Assessment: order and acronyms Activity: PA skill practice Station 3: FA activity- a) <u>Review choking victims & CPR</u> b) <u>AED component</u> c) optional: primary assessment races (from Monday)	Station 1: PT- relay race competition with lifeguard staff Station 2: Activity- Train with lifeguard staff (full simulation) Station 3: FA activity- a) <u>Control bleeding and basic splints</u> b) embedded objects
<u>10:30-10:45a: Break</u> Water, Sunscreen, Snack	<u>10:30-10:45a: Break</u> Water, Sunscreen, Snack	<u>10:30-10:45a: Break</u> Water, Sunscreen, Snack	<u>10:30-10:45a: Break</u> Water, Sunscreen, Snack	<u>10:30-10:45a: Break</u> Water, Sunscreen, Snack
<u>Station 1: board maneuvers; practice deployment & paddling</u> Station 2: FA Activity a) <u>Choking victims-conscious + unconscious (all)</u> b) <u>Adult CPR</u> Station 3: Activity- Shadow LG staff	<u>Station 1: TR- active</u> Station 2: Game: King Neptune Activity: Landline rescue Station 3: Activity- Rescue breathing on land and in water	<u>Station 1: BR- passive</u> Station 2: Activity- Shadow LG staff Station 3: Lecture: Suspected injuries to the head/neck/back & taking spinal precautions Activity: backboard on land	<u>Station 1: TR- submerged</u> Station 2: Lecture: Surveillance, Prevention & Drownings Game: Rescue by numbers Station 3: Activity- Backboard in water	<u>Station 1: BR- all</u> Station 2: Activity- Shadow LG staff Station 3: Activity- a) Multiple victim rescue + multiple rescuers b) Timed tube runs
12:00-12:45p: Lunch & Free-time	12:00-12:45p: Lunch & Free-time	12:00-12:45p: Lunch & Free-time	12:00-12:45p: Lunch & Free-time	12:00-12:45p: Lunch & Free-time

Abbreviations Key:

TR: tube rescues BR: board rescues FA: first aid PT: physical training

Underlined Stations are core components of the JG program and will be taught/reviewed EVERY session

***Training with lifeguard staff will occur at least once; the day is subject to change**

***Shadow guarding will be scheduled at the discretion of the facility's head guard**

NOTE: all activities and games are subject to change based on weather, number of participants, and instructor's discretion.

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Monday	Tuesday	Wednesday	Thursday	Friday
12-12:45p: Lunch & Free-time	12-12:45p: Lunch & Free-time	12-12:45p: Lunch & Free-time	12-12:45p: Lunch & Free-time	12-12:45p: Lunch & Free-time
<i>12:45-1:00p: Roll Call uniform check + sunscreen Review Focus Trait & Rules</i>	<i>12:45-1:00p: Roll Call uniform check + sunscreen Review Focus Trait</i>	<i>12:45-1:00p: Roll Call uniform check + sunscreen Review Focus trait</i>	<i>12:45-1:00p: Roll Call uniform check + sunscreen Review focus trait</i>	<i>12:45-1:00p: Roll Call uniform check + sunscreen Review focus trait</i>
Station 1: PT- a) obstacle course b) long distance swim Station 2: <u>TR- wrap, deploy, & dolphin dives</u> Station 3: Lecture: Pattern diving + on land practice Activity: Water Search - shallow H2O walk off - donning masks/fins - chest deep dive - timed manikin recovery	Station 1: PT- a) follow the leader b) timed board runs Station 2: <u>BR- active</u> Station 3: Activity- Water Skills a) Defensive moves in the water & escapes b) Compact & stride jumps c) Reaching assists	Station 1: PT- a) calisthenics b) long distance paddle Station 2: <u>TR- passive</u> Station 3: Activity: Buoy tag FA Activity: lifts/carries and <u>walking assists</u>	Station 1: PT- a) stretching b) run, swim, run Station 2: <u>BR- submerged</u> Station 3: Lecture- LC H20; tomorrow's full sim briefing Game- Hide and Seek	Station 1: PT- Team relay race Station 2: <u>TR- all</u> Station 3: Lecture: face fallers Activity: face faller skill Game: beach flags (land or water)
<u>Group game:</u> 2:15-2:45p • Capture the Flag	<u>Group game:</u> 2:15-2:45p • Fort Knox	<u>Group game:</u> 2:15-2:45p • Ultimate Ball	<u>Group game:</u> 2:15-2:45p • Amoeba Tag	<u>Group game:</u> 2:15-2:45p • JG Choice
<i>2:45-3:00p: Break Water, Sunscreen, Snack</i>	<i>2:45-3:00p: Break Water, Sunscreen, Snack</i>	<i>2:45-3:00p: Break Water, Sunscreen, Snack</i>	<i>2:45-3:00p: Break Water, Sunscreen, Snack</i>	<i>2:45-3:00p: Break Water, Sunscreen, Snack</i>
3:00-3:15p: Review 3:15-3:45p: Free time 3:45-4:00p: Clean-up	3:00-3:15p: Review 3:15-3:45p: Free time 3:45-4:00p: Clean-up	3:00-3:15p: Review 3:15-3:45p: Free time 3:45-4:00p: Clean-up	3:00-3:15p: Review 3:15-3:45p: Free time 3:45-4:00p: Clean-up	3:00-3:15p: Certificates! 3:15-3:45p: Free time 3:45-4:00p: Clean-up
Check-out 4-4:30p	Check-out 4-4:30p	Check-out 4-4:30p	Check-out 4-4:30p	Check-out 4-4:30p

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