



lifeguard academy

2010 Certification Schedule

Weekends, April 23- May 8

Friday, April 23

5:00 pm-9:30 pm - **Classroom**

The Professional Lifeguard and Injury Prevention (ARC), Patron Surveillance and Emergency Preparation (ARC), Water Observation (USLA), Rescue Skills (ARC), Components of a Rescue (USLA)

Saturday, April 24

8:00 am-12:00 pm - **Pool**

Swim Test, Timed run, Rescue Skills 1, 2, 3

12:00 pm-1:00 pm - **Break**

1:00 pm-5:00 pm - **Classroom**

Before Providing Care and Victim Assessment (ARC), Breathing Emergencies (ARC)

Sunday, April 25

8:00 am-12:00 pm - **Classroom**

Cardiac Emergencies (ARC), AED Essentials (ARC)

12:00 pm-1:00 pm - **Break**

1:00 pm-5:00 pm - **Classroom**

First Aid (ARC), Rip Current Awareness, Aquatic Hazards, Beach and Wave Topography

Friday, April 30

5:00 pm-10:00 pm - **Classroom**

Standard Operating Guidelines, Reports, Policies and Procedures, Ordinances, Rules and Regulations, Radio Communications (NMB Training Manual)

Saturday, May 1

8:00 am-12:00 pm - **Beach**

Rescue Skills, Radio Communication

12:00 pm-1:00 pm - **Break**

1:00 pm-5:00 pm - **Beach**

Rescue Skills, Pier Rescues

Sunday, May 2

8:00 am-12:00 pm - **Classroom**

Caring for Head, Neck, and Back Injuries (ARC), Missing Swimmer (USLA, Code X Video), Missing Person (NMB Training Manual)

12:00 pm-1:00 pm - **Break**

1:00 pm-5:00 pm - **Pool**

Spinal Injury Management, Final Skills Scenarios

Saturday, May 8

8:00 am-11:00 am - **Classroom**

Review and Written Exams

11:00 am-12:00 pm - **Break**

1:00 pm-5:00 pm - **Beach**

Caring for Head, Neck and Back Injuries in a Beach Environment, Missing Swimmer (Code X), PWC Rescue Swimmer