



lifeguard academy

2010 Certification Schedule

May 9- 15th

Sunday

- 7:00 am-8:30 am - Registration, Swim Test (Aquatics Center)
- 8:30 am-12:00 pm - Rescue Skills 1, 2, 3 (Aquatics Center)
- 12:00 pm-1:00 pm - Break
- 1:00 pm-5:00 pm - The Professional Lifeguard, Injury Prevention and Facility Safety, Patron Surveillance and Emergency Preparation, Water Observation, Components of a Rescue
(Fire Station 5, ARC Manual Chapters 1-4, USLA Manual Chapters 3, 10, 11, 13, 21, 26)

Monday

- 8:00 am-12:00 pm - Blood Borne Pathogens, Before Providing Care and Victim Assessment, Breathing Emergencies
(Fire Station 5, ARC Manual Chapters 5-7)
- 12:00 pm-1:00 pm - Break
- 1:00 pm - 4:30 pm - Cardiac Emergencies, AED Essentials, First Aid (Public Safety Building, ARC Manual Chapters 8&9)

Tuesday

- 8:00 am- 12:00 pm - Rip current Awareness, Aquatic Hazards, Beach and Wave Topography
(Fire Station 5, USLA Manual Chapters 2, 5, 7, 8)
- 12:00 pm -1:00 pm - Break
- 1:00 pm-5:00 pm - Ocean Rescue Skills (Beach)

Wednesday

- 8:00 am- 12:00 pm - Standard Operating Guidelines, Reports, Policies and Procedures, Ordinances, Rules and Regulations
(Fire Station 5, NMB Lifeguard SOG Manual, USLA Manual Chapters 23&24)
- 12:00 pm-1:00 pm - Break
- 1:00 pm-5:00 pm - Ocean Rescue Skills, Pier Rescues (Beach)

Thursday

- 8:00 am- 12:00 pm - Radio Communications (Fire Station 5, USLA Manual Chapter 22)
- 12:00 pm-1:00 pm - Break
- 1:00 pm-5:00 pm - Rescue Skills, Radio Communication (Beach)

Friday

- 12:00 pm-5:00 pm - Caring for Head Neck and Back Injuries (Fire Station 5, ARC Manual Chapter 10)
- 5:00 pm-6:00 pm - Break
- 6:00 pm-9:00 pm - Caring for Head, Neck and Back Injuries, Final Skills Scenarios (Aquatics Center)

Saturday

- 8:00 am- 10:00 am - Code X Video, Review and Written Exams (Fire Station 5)
- 10:00 am- 11:00 am - Break
- 11:00 am- 1:00 pm - Caring for Head, Neck and Back Injuries in the Beach Environment, Missing Swimmer, Missing person (Beach)
- 1:00 pm-5:00 pm - PWC Training (Beach)