

Surf & Rescue Schools

March 16-22, 23-29
May 11-17 June 1-7

Sunday

7am-8: 30am

Registration, Swim Test (*Aquatics Center*)

8:30am-12pm

Rescue Skills 1, 2, 3 (*Aquatics Center*)

12-1pm

Break

1pm-5pm

The Professional Lifeguard, Injury Prevention and Facility Safety, Patron Surveillance and Emergency Preparation (*Recreation Center, ARC Manual Chapters 1-4, USLA Manual Chapters 3, 10, 11, 13, 21, 26*)

Monday

8am-12pm

Before Providing Care and Victim Assessment, Breathing Emergencies (*Recreation Center, ARC Manual Chapters 5-7*)

12-1pm

Break

1- 4: 30pm

Cardiac Emergencies, AED Essentials, First Aid (*Recreation Center, ARC Manual Chapters 8&9*)

Tuesday

8am- 12pm

Rip current Awareness, Aquatic Hazards, Beach and Wave Topography (*Recreation Center, USLA Manual Chapters 2, 5, 7, 8*)

12-1pm

Break

1-5pm

Ocean Rescue Skills (*Beach*)

Wednesday

8am- 12pm

Standard Operating Guidelines, Reports, Policies and Procedures, Ordinances, Rules and Regulations (*Recreation Center, NMB Lifeguard SOG Manual, USLA Manual Chapters 23&24*)

12-1pm

Break

1-5pm

Ocean Rescue Skills, Pier Rescues (*Beach*)

Thursday

8am-12pm

Radio Communications (*Recreation Center, USLA Manual Chapter 22*)

12-1pm

Break

1-5pm

Rescue Skills, Radio Communication (*Beach*)

Friday

12-5pm

Caring for Head Neck and Back Injuries (*Recreation Center, ARC Manual Chapter 10*)

5-6pm

Break

6-9pm

Caring for Head, Neck and Back Injuries, Final Skills Scenarios (*Aquatics Center*)

Saturday

8am-10am

Review and Written Exams (*Recreation Center*)

10am-11am

Break

11-1pm

Caring for Head, Neck and Back Injuries in the Beach Environment, Missing Swimmer, Missing person (*Beach*)

1-5pm

PWC Training (*Beach*)

