Falmouth Beaches Lifeguard Training Class

Summer 2015

MONDAY/WEDNESDAY CLASS

All classes are mandatory. If you can’t make a Mon/Wed class, plan on attending the Tues/Thurs class. Classes will run from 2:00 – 4:00.

**If you cannot make the Sea Crest classes, you cannot take this course. Classes will run from 6:30 A.M. – 8:30 A.M.

1. **Monday, July 6th**
   Surf Drive Beach
   Introduction/General Info
   Professional Lifeguard/Injury Prevention (Ch. 1,2)
   Rescue Skills/Providing Care & Victim Assessment (Ch.5,6)
   **Swim Test** and Rescue Skills
   **Homework:** Review Chapters 3-4 and read Chapters 5-6 for next class

2. **Wednesday, July 8th**
   Falmouth Fire Station
   Review Professional Lifeguard/Injury Prevention (Ch. 1,2)
   Patron Surveillance/ Emergency Preparation (Ch. 3,4)
   Review Rescue Skills/ Providing Care & Victim Assessment (Ch. 5,6)
   **Homework:** Read Chapters 7-9

3. **Monday, July 13th**
   Falmouth Fire Station
   Breathing Emergencies/Cardiac Emergencies
   **Homework:** Review Chapters 7-9

4. **Wednesday, July 15th**
   Falmouth Fire Station
   Breathing Emergencies/Cardiac Emergencies (Ch 7-9)
   **Homework:** Read Chapter 11
5. **Monday, July 20\(^{th}\)**
   Sea Crest Pool (6:30 A.M. – 8:30 A.M.)
   Caring for Head, Neck, & Back Injuries
   **Homework:** Review Chapter 11 focusing on deep-water injuries

6. **Wednesday, July 22\(^{nd}\)**
   Sea Crest Pool (6:30 A.M. – 8:30 A.M.)
   Back boarding/Caring for head, neck, and back injuries in deep water.
   **Homework:** Study and Re-read Chapters 1-6. Practice Swimming!

7. **Monday, July 27\(^{th}\)**
   **Surf Drive Beach**
   Swim Test and Recue Skills; Begin Waterfront
   **Homework:** Study all chapters:
   - Section 1: Recognition & Response
   - Section 2: CPR/AED for the Professional Rescuer
   - Section 3: First Aid, Head, Neck & Back Injury, and Searches
   Read Chapter 10: First Aid

8. **Wednesday, July 29\(^{th}\)**
   **Falmouth Fire Station**
   First Aid, AED, BVM, Caring for Head/Neck/Back
   Final Review for written exam
   Homework: Study and Review Chapters 7-10

9. **Monday, August 3\(^{rd}\)**
   **Falmouth Fire Station**
   Written Exam and CPR/AED Test

10. **Wednesday, August 5\(^{th}\)**
    Extra class if needed at Surf Drive Beach

**Things to bring to every class:**

1. Pen/pencil to take notes
2. Lifeguard Training Book
3. Bathing suit, towels, warm clothes (Surf Drive and Sea Crest)
Please don’t hesitate to call us if you have any questions or concerns. Thank you.

508-548-8623