Falmouth Beaches Lifeguard Training Class

Summer 2015

TUESDAY/ THURSDAY CLASS

All classes are mandatory. If you can’t make a Tues/Thurs class, plan on attending the Mon/Wed class. All 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. Tuesday, July 7th
   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. Thursday, July 9th
   Falmouth Fire Station
   Review Chapters 1 and 2
   Patron Surveillance/ Emergency Preparation (Ch. 3,4)
   Review Rescue Skills/ Providing Care & Victim Assessment (Ch. 5,6)
   Swimming/Rescue Skills
   **Homework:** Read Chapters 7-9

3. Tuesday, July 14th
   Falmouth Fire Station
   Breathing Emergencies/Cardiac Emergencies (Ch 7-9)
   **Homework:** Review Chapters 7-9

4. Thursday, July 16th
   Falmouth Fire Station
   Breathing Emergencies/Cardiac Emergencies (Ch 7,8,9)
   **Homework:** Read Chapter 11
5. **Tuesday, July 21**
   **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. **Thursday, July 23**
   **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. **Tuesday, July 28**
   **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. **Thursday, July 30**
   **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. **Tuesday, August 4**
   **Falmouth Fire Station**
   Written Exam and CPR/AED Test

10. **Thursday, August 6**
    **Extra Class at Surf Drive Beach if Needed**

**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.

Falmouth Bath House: 508-548-8623