

Falmouth Beaches Lifeguard Training Class

Summer 2010

TUESDAY/ THURSDAY CLASS

All classes are **mandatory**. If you can't make a Tues/Thurs class, plan on attending the Mon/Wed class.

If you cannot make the Sea Crest classes, you **cannot** take this course.

1. Tuesday, July 13th

Surf Drive Beach

Introduction/General Info

Professional Lifeguard/Injury Prevention (Ch. 1,2)

Rescue Skills/Providing Care & Victim Assessment (Ch.5,6)

Swim Test

Homework: Review Chapters 3-4 and read Chapters 5-6 for next class

2. Thursday, July 15th

Surf Drive Beach

Patrol Surveillance/ Emergency Preparation (Ch. 3,4)

Review Rescue Skills/ Providing Care & Victim Assessment (Ch. 5,6)

Swimming/Rescue Skills

Homework: Read Chapters 7-8

3. Tuesday, July 20th

Falmouth Fire Station

Breathing Emergencies/Cardiac Emergencies (Ch 7,8)

Homework: Review Chapters 7-8

4. Thursday, July 22nd

Falmouth Fire Station

Breathing Emergencies/Cardiac Emergencies (Ch 7,8) Review

First Aid/Caring for Head,Neck,& Back Injuries (Ch. 9,10)

Homework: Read Chapters 9 & 10

5. Tuesday, July 27th

Sea Crest Pool (7:00 A.M. – 9:00 A.M.)

Caring for Head, Neck, & Back Injuries

Homework: Review Chapters 9 & 10 focusing on deep-water injuries

6. Thursday, July 29th
Sea Crest Pool (7:00 A.M. – 9:00 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, August 3rd
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

8. Thursday, August 5th
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 10th
Falmouth Fire Station
Written Exam and CPR/AED Test

10. Thursday, August 12th
Surf Drive Beach
Finish Waterfront Lifeguarding

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.

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