

# WHAT YOU SHOULD KNOW ABOUT THE SAI WILDERNESS LIFEGUARD COURSE

*"I think this course may be as important as WFR to an outdoor educator, especially to create an awareness, safety attitude and knowledge to prevent bad situations from occurring."*

*Mike Fischesser – The American Adventure Service Corp*

The Wilderness Lifeguard course, designed in 2000, is a specific training program for backcountry trip leaders who may enter the water with their participant groups while traveling in remote environments. This course teaches techniques for prevention to supplement institutional safety policy and procedures for backcountry programs. Upon successful completion of the course students receive a 2 year certification governed by the Starfish Aquatics Institute.

This nationally delivered curriculum meets or exceeds the lifeguarding guidelines and water safety training of the American Camp Association (ACA) and the Association for Experiential Education (AEE).

## PREREQUISITES:

- \* 18 years of age
- \* Minimum of Wilderness First Aid (16 hrs) and Adult CPR (3.5hrs)
- \* Swim 100 yards, tread water 3 minutes without hands, weight retrieval

## CORE CURRICULUM:

- \* Prevention
- \* Surveillance
- \* Conscious and Unconscious Victim Rescue
- \* Personal Safety

## HIGHLIGHTS:

- \* 2 day (18 hour) training with mornings in the classroom and afternoons in the water
- \* Improvised flotation techniques
- \* Site assessments and development of protected water zones
- \* Swimmer screening
- \* Development of emergency action plans
- \* Spinal injury management
- \* Scenario based training
- \* Cardiopulmonary Resuscitation review and application to other skill sets
- \* Written and practical testing at course end
- \* Instructor training opportunities enabling organizations to conduct this training at their site

For more information visit [www.LandmarkLearning.org](http://www.LandmarkLearning.org)

*"Thanks for asking me to be a part of this. I think this training is very timely and fills a niche that has been needed for a long time."*

*Will Leverette – Risk Manager, Worldwide Outfitter*



**LANDMARK LEARNING**  
The Learning Specialists for the Outdoor Industry.