



Hybrid - Wilderness LifeGuard Course Schedule

Part 1

The online learning platform opens 7 days prior to the skills dates and closes the night before the skills dates.

Part 2

Skills Practice and Assessment 8am-6pm

- Introductions
- Paperwork & Logistics
- Lifeguarding Equipment and Improvisation
- Move to Water Site
- Site Use & Safety Briefing
- Student Site Assessment & Walk About
- Student Swim Screening
- Surveillance Strategies to Recognize Distress and Drowning
- Protection Zones
- Scanning & Sweeping Techniques
- Drowning School
- Rescues and Assists
- STAAR Rescue Model
- Reaching & Rope Throwing
- Compact Jump
- Protected Water Entry

Lunch at the site

- Approach Strokes
- Tube Tow & Assist
- Front & Rear Rescues
- Two Guard Rescues
- Emergency Escapes
- Extrication Methods
- Spine Injury Management in Water
- Search & Recovery
- CPR Review
- Special Considerations for a Drowning Person
- Wilderness Considerations for CPR
- Rescue Breathing in the Water
- Rescues with Personal Flotation Devices (PFD)
- Course Closure and Evaluation