



HYBRID WILDERNESS LIFE GUARD - 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 Orientation 6pm-9pm

- Introductions
- Paperwork & Logistics
- Online Content Review
- Lifeguarding Equipment and Improvisation
- Expectations for the Skills Day

Part 3

Skills Practice and Assessment 8am-12pm

- Move to Water Site
- Site Use & Safety Briefing
- Student Site Assessment & Walk About
- Student Swim Screening
(100yd swim and 3 min water tread)
- Surveillance Strategies to Recognize Distress and Drowning
- Protection Zones
- Scanning & Sweeping Techniques
- Drowning School
- Rescues and Assists
- Reaching & Rope Throwing
- Compact Jump
- Protected Water Entry

Part 3 (cont'd)

Lunch at the site

Skills Practice and Assessment 1pm-6pm

- 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)(Optional)
- Course Closure and Evaluation