Wilderness LifeGuard Course Schedule

Day 1

Block One - Classroom

- Introductions
- Paperwork & Logistics
- Risk Awareness for the Wilderness Waterfront
- RID Factor
- Distress and Drowning
- Prevention Strategy and Managing Aquatic Risk
- Site Assessment
- High Risk Behaviors
- Policies to Control High Risk Behaviors
- Swim Tests & Comfort Assessment
- Identifying Participants in the Water
- Monitoring Severe Weather Conditions
- No Lifeguard on Duty Designated Waterfronts
- Rockslides and Jumps
- Backcountry Stream Crossings
- Pre-Activity Safety Briefings
- Emergency Action Plans
- Communications
- Lifeguarding Equipment and Improvisation

Block Two - Waterfront

- 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
- Approach Strokes
- Tube Tow & Assist
- Front & Rear Rescues
- Emergency Escapes
- National Database Reporting

Day 2

Block Three - Classroom

- Emergency Action Plan Review
- Drowning Recognition Videos
- Professionalism
- Personal Safety and Professional Responsibility
- Bloodborne and Recreational Water Illnesses
- Universal Precautions and Personal Protective Equipment
- Spine Injury Management on land
- Extrication Methods
- Contacting Emergency Medical Services
- What to Expect When You Call EMS
- Verbal Reporting and Transfer of Care to EMS

Block Four - Waterfront

- Student-Led Safety Briefing
- Students Set Up Protection Zone
- Skills Practice
- Spine Injury Management in Water
- Submerged Rescue - Leg Wrap Rescue
- Search & Recovery
- CPR Review
- Special Considerations for a Drowning Person
- Wilderness Considerations for CPR
- Rescue Breathing in the Water
- Two Guard Rescues
- Rescues with Personal Flotation Devices (PFD)
- Practical & Written Testing
- Course Closure