



## WILDERNESS SWIM SAFETY (WSS) - COURSE SCHEDULE

### Part 1

The online learning platform opens 7 days prior to the skills dates and closes the night before the skills dates. Students are required to complete each quiz with 100%.

- The Drowning Process
- Site Selection
- Safety Briefings
- High Risk Behavior
- Swimmer Screening
- Emergency Action Plans
- Contacting 911
- Personal Protection
- Professionalism
- Surveillance and Recognition of Drowning
- Water Rescue Equipment
- Assists from Shore
- In Water Rescue
- Management of an Unresponsive Person
- Adult and Child CPR review
- Expectations for Skills Date

Completion of Final Written Exam  
70% minimum.

### Part 2

Skills Orientation 6pm-9pm

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

Total WSS course hours 16+  
Adult Child AED CPR and WFA required for valid certification.  
Total of 36+ hours

### Part 3

Skills Practice and Assessment 8am-12pm

- Site Use & Safety Briefing
- Student Site Assessment
- Student Swim and Agility Assessment
- Surveillance Strategies to Recognize Distress and Drowning
- Protection Zones
- Scanning & Sweeping Techniques
- Drowning School
- Reaching & Rope Throwing
- Compact Jump
- Protected Water Entry

Lunch at 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)
- Watercraft Based Rescues (Optional)
- Guarding from a Watercraft (Optional)
- Course Closure and Evaluation