

Lifeguard Training Course Outline

Instructors

Ollie Eadie	022 187 2849	olivereadie35@gmail.com
Josh Hirst	020 4094 4169	jwchirst@gmail.com
Pipi Maloney	022 103 9889	pipimaloney13@gmail.com

Communication

This will be decided at the first training session. Best platform is Messenger, so if you don't have it already, download it before the first training.

General Information:

- All training sessions will be run on Sundays after Nippers and Rookies programmes
- All training sessions will be 2 hours except session 6 which will be 4 hours
- Session 7 will be an optional revision session
- The Pool Exam will be on a Wednesday night roughly 2 weeks before the beach exam

Session 1 – 22-01-2023 (2pm-4pm)

- Hand out workbooks and manuals
- Complete chapters 1 & 2
- Pool Session: 400m swim, Tube rescue, Tows & Releases

Session 2 – 29-01-2023 (2pm-4pm)

- Complete chapters 3 & 4
- Radios, Signals, CPR
- Rip swim, Tube rescues, Recovery position (Conditions dependent)

Session 3 – 05-02-2023 (2pm-4pm)

- Complete chapter 5
- Radios, Signals, CPR
- Rip swim, Tube rescues, Recovery position (Conditions dependent)

Session 4 – 12-02-2023 (2pm-4pm)

- Complete chapter 6
- Radios, Signals, CPR
- First Aid: Shock, Heart attack, Stroke, Hypothermia, Heat stroke/Heat exhaustion

Session 5 – 19-02-2023 (2pm-4pm)

- Radios, Signals, CPR
- First Aid: Burns, Bleeding, Sprains & Fractures, Head injuries, Choking, Anaphylaxis
- Rip swim, Tube rescues, Recovery position (Conditions dependent)

Session 6 – 05-03-2023 (12pm-4pm)

- Practice Exam
- CPR, First Aid, Radios, Signals
- Pool Session: 400m swim, Tube rescue, Tows & Releases
- Rip swim, Tube rescues, Recovery position (Conditions dependent)
- Hand in completed Workbooks for marking

Session 7 (Optional) – 12-03-2023 (2pm-4pm)

- Tutorial Session
- Bring questions on areas you are struggling
- CPR, First Aid, Radios Signals

Pool Exam – 08-03-2023 (5pm-7pm)

- Location TBC (West Wave or Fools Pools)
- 400m Swim (under 9 minutes)
- Tube Rescue
- Tows & Releases

Beach Exam – 19-03-2023 (8am-4pm)

- Location TBC (Beach that has most candidates)
- Workbooks submitted
- Theory Exam
- CRP, First Aid, Radios, Signals
- Run Swim Run, Tube Rescues, Recovery Position