

## **Lifeguard Training Course**

**Instructors:** Scruff Ashby (0272448570) Wayne Sutton (021760862)

**Coms:** messenger group **Muriwai lifeguard training course 2021**

**All lifeguards must be fully vaccinated for covid-19**

**Week 1:** Sunday 5<sup>th</sup> December 1-3pm

Introductions between the group

Hand out manuals – Chapters Risk Management, Prepare and Prevent

Pool session at Fools Pools – Check out surf on way to Fools, 400m times, blocks and releases, tows, tie rescue tubes (cannot do this at fools pools so may try and do this in surf)

**Week 2:** Sunday 12<sup>th</sup> December 1-3pm

Physical environment; waves, tides, rips and holes, Roles and responsibilities

CPR

Rip swim, explore rocks, run-swim-run

**Week 3:** Sunday 19<sup>th</sup> December 1-3pm

CPR, first aid, signals

tube rescues, patient carries, recovery position - DRSABC

## **Christmas and New year break**

**Week 4:** Sunday 9<sup>th</sup> January 30<sup>th</sup> 1-3pm

CPR, first aid continued, Radios, Signals

**Week 5:** Sunday 16<sup>th</sup> January 1-3pm

Wayne Sutton (Muriwai's only chief examiner) to take session going through manual and commonly asked questions.

**Scruff away for 2 weeks – training if we can find alternative**

**Week 6:** Sunday 6<sup>th</sup> February 12-4pm **Compulsory**

4 hour session – perhaps 12-4pm? **Hand in completed workbooks**

Mock theory exam in classroom. Run through signals, first aid, CPR, radio

Beach – run-swim-run, tube rescue, tows, blocks, releases,

**Pool Exam: Compulsory.** Swim 400m in under 9 minutes, tows x 2, blocks and releases, tie rescue tube – must pass this before proceeding to beach exam. Time to be confirmed.

**Examination:** Sunday 13<sup>th</sup> February Beach Exam 8.30am – 5pm.

Written exam first – have to pass this to proceed with exam. 50 questions, pass mark 80%

First aid scenarios, CPR, radio and signals – rotate through stations

Run-swim-run

Tube rescue