

Class Outline Spring 2011
Professional Lifeguard Development
National Lifeguard Service - Elmwood Kildonans Pool
909 Concordia Ave 204.986.6652

April 17 – June 5, 2011

No classes April 24 - Easter Sunday

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Day	Curriculum	Hours
	First Aid (prerequisite)	
	NLS	
1 April 17 14:15-21:00	Intro. Student photos, overview, expectations, reading Assignment Basic Lifeguarding theory. NLS Chpt. 1, 2, & 3 Videos: Market Place, On drowning, In too Deep, Pia Carry Pool - Fitness, skills, basic Lifeguarding <ul style="list-style-type: none"> • Positioning <ul style="list-style-type: none"> ○ Visibility • Rotations • Pia Carry and alternatives • Brick recovery • Entries/Removals 	6:45
2 May 1 14:15-21:00	NLS - Chpt. 4 & 6 Land based spinal injuries - Face down roll over - Standing take-down - Spineboard vomit roll First Aid Overview Critical Incident Stress Pool - Fitness, skills, basic situations (sits), intro to water spinal rescue Video: Shallow Water Spinal Removal <ul style="list-style-type: none"> • Sits – intro <ul style="list-style-type: none"> ○ Missing person • Skills 	6:45
3 May 8 14:15-21:00	NLS - Chpt. 7, 8 & 9 Video: The Ripple Effect Pool - Fitness, skills, solo sits, spinal, <ul style="list-style-type: none"> • Injured Victim 	6:45
4 May 15 14:15-21:00	NLS - Chpt. 10 & 11 Video: Scuba Rescue for Lifeguards Pool - Skills, sits	6:45
5 May 22 14:15-21:00	Pool - Skills, sits	6:45
6 May 29 14:15-21:00	Reading Assignment Completed Spinal Injury Rescue Exam Skills and Solo Exam Pool - Skills, sits	6:45
7 June 5 12:00-17:00	Wrap-up, Final Situations Exam Exit interviews	3:30
	NO MAKE UP DATE FOR THE FINAL EXAM! NO CLASSES ON MAJOR HOLIDAYS	Total Hours NLS 44