



INTERNATIONAL SURF LIFESAVING ASSOCIATION

8941 Atlanta Ave. #220 Huntington Beach, CA 92646

Tel. 855-405-ISLA

info@islasurf.org

BASIC OPEN WATER LIFEGUARD TRAINING SCHEDULE

DATE: _____ LOCATION: _____

DAY 1

TIME	Lecture/ Activity	Instructor
0800-0900	Introduction of Instructors, Course Explanation, Questions	
0900-0930	Review of Open Water Swimming Techniques	
0945-1045	Physical Event #1: 500m Box Swim	
1100-1200	<i>Lecture- Lifeguard Responsibilities and Intro to Lifeguard Systems</i>	
1200-1330	Lunch	
1330-1415	<i>Lecture- Oceanic/Lake Environment- Hazards/Rips</i>	
1415-1500	<i>Lecture- Victim/Rescue Recognition and Procedures</i>	
1500-1645	Water Work #1; 2 Stations Intro to Rescue in small groups w/ and w/out fins (stations)	
1645-1730	Physical Event #2: Run Swim Run	
1730-1800	Clean-up and talk about Day 2	



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DAY 2

0800-0830	Role, Quiz	
0830-0930	Lecture- Medical Emergencies, CPR Intro, Scene Safety	
0945-1045	Physical Event #3: Multi Vitamin	
1100-1145	<i>Specialty Rescues- Rock, Boat, Dive, Board, Kite</i>	
1145-1315	Lunch	
1315-1445	<i>THE FOUR DORF</i> First Aid Activity C-spine () CPR/AED () Burns & Wounds () Broken bones ()	
1445-1600	Water Work # 2; 3 Stations Paddle Board Rescue Rescue with Equipment Rescue w/o Fins (review of Day 1 and Escapes)	
1600-1645	Physical Event #4 Run Swim Run	
1645-1745	Lecture- Drowning, Search and Recovery	
1745-1800	Exam Review, Clean-up	



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DAY 3

0800-0900	Role, Review	
0900-1000	Final Written Exam	
1045-1200	Physical Event # 5 The Clover- 4 buoy in and outs/ mock rescue practice	
1200-1300	Victim Carries/ Beach Flags	
1200-1330	Lunch	
1330-1630	MOCK RESCUE FINALS-Equipment and Non-Equipment	
1630-1730	Awards, Graduation, Photos	
1730-1800	Clean-up and Questions	