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| **DATE** | **TOPICS COVERED** | **CLASS MEETING AREA** | **HOME WORK DUE FOR NEXT CLASS SESSION** |
| **Wed 1/22** | Locks given out. Books assigned. Class Expectations. | Locker room /Pool | Email mulcd001@hartfordschools.org‘Why I want to be a lifeguard’ |
| **Fri 1/24** | Prescreening Swim Test | POOL |  |
| **Tu 1/28** | Prescreening Swim Test continuedConditioning Swim | POOL | Read Chapter 1The Professional LifeguardReview Questions 1-14 |
| **Th 1/30** | Class Registration**E Learn-Intro and Lesson 1** The Professional Lifeguard, Legal Considerations, Continuation of TrainingBeing Part of a Team |  Room107 | Read Chapter 2Facility SafetyReview Questions 1-7 |
| **Mon 2/3** | **E Learn Lesson 2** Facility Safety, The Drowning Process, Effective Surveillance -Victim Recognition & Zones. Entries & Approaches | Room107 | Read Chapter 3 & pgs 148-149,169-172Surveillance & RecognitionReview Questions 1-13 |
| **Wed 2/5** | Entries & ApproachesSkill Drill | POOL | Read Skill Sheets pgs 87-88 |
| **Fri 2/7** | Review SkillsVictim Recognition, Scanning and Rotations  | POOL | Read Chapter 4Injury PreventionReview Questions 1-6 Pgs 113-114 |
| **Tu 2/11** | **E Learn 3** Injury PreventionAt the Aquatic Center, Guarding a Variety of Activities, Special Attractions & Organized Swim Groups | Room107 |  |
| **Th 2/13** | Endurance swim Review Entries & Approaches. Effective Scanning & RotationVictim School | POOL | Read Chapter 5EPAsReview Questions 1-10 |
| **Wed 2/19** | Endurance SwimPutting it All Together  | POOL | Read Chapter 6Water Rescue SkillsReview Questions 1-10 |
| **Fri 2/21** | **E Learn 4** - Rescue Skills EAP, Rescues & Extrications |  Room107 | Study Skill SheetsPgs 171-174 |
| **Tu 2/25** | Rescue Skills: Reaching Assists, Active Victimfrom the Front and Rear & Multi Victim | POOL | Study Skill Sheets 175-180 |
| **Th 2/27** | Rescue Skills continued: Passive Front & Rear Rescue,Submerged Victim Shallow Water | POOL | Study Skill Sheets 180-184 |
| **Mon 3/2** | Surface Dives Deep WaterSubmerged Victim in Deep Water | TRINITY POOL | Study Chapters 1-4 |
| **Wed 3/4 Early Release**  | Chapters 1-4Quiz | POOL DECK | Study Skill Sheets 183-187 |
| **Fri 3/6** | Submerged Victim in Deep WaterExtrication Using a Backboard | TRINITY POOL |  **ELearn 5** - Before Giving CareStandard Precautions, Primary Assessment, Breathing Emergencies, Airway Obstruction |
| **Tu 3/10** | Putting it TogetherSkill Drill- Gloves1 Minute Challenge | POOL | Read Chapter 7Before Providing Care & VictimReview Questions 1-9 |
| **Th 3/12** | Standard Precautions, Glove removal, Primary Assessment, Breathing Emergencies, Pocket Mask, Rescue Breathing | POOL DECK | Read Chapter 8Breathing EmergenciesReview Questions 1-13 |
| **Mon 3/16** | BVM Airway Obstruction ConsciousSkill Review | POOL  | Study Chapters 1-8 |
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|  **Wed 3/18 or 19** | MIDTERM | POOL | **E Learn 6**Heart Attack & Cardiac Arrest, CPR, AED |
| **Tu 3/24** | Cardiac EmergenciesCPR Adult & Infant2 Rescuer CPR | POOL DECK | Read Chapter 9Cardiac EmergenciesReview Questions 1-12 |
| **Th 3/26** | 2 Rescuer CPR continuedAED Adult & InfantCPR with Airway Obstruction | POOL DECK |  |
| **Mon 3/30** | Putting it all together Skill Drill Part 1 &2 | POOL |  |
| **Wed 4/1** | Skill Drill Scenarios 1 & 2Multiple Rescuer Response | POOL DECK |  |
| **Fri 4/3** | Skill Drill Scenarios 3 & 4Multiple Rescuer Response  | POOL  | Read Chapter 10Review Questions 1-12 |
| **Tu 4/7** | **E Learn 7** - First AidSecondary Assessment, Sudden IllnessResponding to Injuries Secondary Assessment |  Room107 |  |
| **Th 4/9** | Responding to Emergencies: Controlling Bleeding, Shock & Common Injuries. First Aid Scenarios | POOL DECK |  |
| **4/10-4/19** | **VACATION!!!!!** |  |  |
| **Tu 4/21** | First Aid Scenarios continuedFront & Rear Head Hold EscapeIn Water Ventilations, Multi Victim Rescues | POOL DECK/POOL | Read Chapter 11 Head, Neck & Spinal Injuries Review Questions 1-8 |
| **Th 4/23** | **E Learn 8** - Head, Neck & Spinal InjuriesVideo Head Splint, Back boarding |  Room107 | Study pages 359-361 & 366-369 |
| **Mon 4/27** | Spinal Injury Turning Over Shallow WaterShallow Water Back boarding | POOL |  |
| **Wed 4/29** | Shallow Water Back boarding continuedReview | POOL |  |
| **Fri 5/1** | Spinal Injury Turning Over Deep WaterDeep Water Back boarding | TRINITYPOOL |  |
| **Tu 5/5** | Deep Water Back boardingReview | TRINITYPOOL | Study for CPR/First Aid Exam |
| **Th 5/7** | E Learn Conclusion CPR & First Aid Exam | Room 107 |  |
| **Mon 5/11** | General Water Skill Review |  POOL | Study for Written Lifeguarding Exam |
| **Wed 5/13** | Final - Written Lifeguarding Skills Review | POOL |  |
| **Fri 5/15** | Water Skill Review | POOL |  |
| **Tu 5/19** | Final In Water SkillsSubmerged passive timed Extrication with CPR |  TRINITY POOL |  |
| **Th 5/21** | Seniors to Holiday Hill Underclassmen testing | POOL |  |
| **Tu 5/26** | Final In Water SkillsMultiple Rescuer Scenario | POOL  |  |
| **Th 5/28****Early Release** | Make up Written TestReturn Textbooks | POOL DECK |  |
| **Mon 6/1** | Final - In Water Skills | POOL |  |
| **Wed 6/3** | Exam Make UpsWrap up |  |  |
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