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| **DATE** | **TOPICS COVERED** | **CLASS MEETING AREA** | **HOME WORK DUE FOR NEXT CLASS SESSION** |
| **Tu 1/19** | Locks given out. Books assigned. Class Expectations. | Locker room /Pool |  |
| **Th 1/21** | Conditioning Swim  Prescreening Swim Test | POOL | Read Chapter 1  The Professional Lifeguard |
| **Mon 1/25** | Prescreening Swim Test continued  Conditioning Swim | POOL |  |
| **Wed 1/27** | Class Registration  E learn Lesson 1 - The Professional Lifeguard | Room 108 | Read Chapter 2  Facility Safety |
| **Fri 1/29** | E learn Lesson 2 Facility Safety | Room 108 | Read Chapter 3  Surveillance & Recognition |
| **Tu 2/2** | E learn Lesson 2 continued - Surveillance  Entries & Approaches | Room 108 | Read pgs 50-52 & 103-105 |
| **Th 2/4** | Treading water/scenarios  Entries & Approaches | POOL | Read  Chapter 4  Injury Prevention |
| **Mon 2/8** | E learning Lesson 3 - Injury Prevention  Surveillance Activity | Room 108 | Read  Chapter 5  EPAs |
| **Wed 2/10** | Endurance swim  Review Entries & Approaches.  Effective Scanning & Rotation | POOL | Read Chapter 6  Water Rescue Skills  Pgs 87-102 |
| **Fri 2/12** | Scanning and Rotation scenarios  Endurance Swim | POOL |  |
| **Th 2/18** | E learning Lesson 4 - Water Rescue Skills | Room 108 | Read Rescues  Pgs 106-112 |
| **Mon 2/22** | Rescue Skills: Reaching Assists, Active Victim  from the Front and Rear | POOL | Review 106-112  Read pgs 128-130 |
| **Wed 2/24** | Rescue Skills continued: Passive Rear Rescue,  Multiple Victim Scenarios | POOL | Read 112-115 |
| **Fri 2/26** | Video: Rescue Skills #2  Submerged Victim Shallow Water  Surface Dives. Review | POOL | Read 112-119 |
| **Tu 3/1** | Rescue Skills Deep Water  Review Surface Dives  Submerged Victim in Deep Water  2 Person Removal with Backboard | TRINITY POOL | Review 112-119  Read Chapter 7  Before Giving Care |
| **Th 3/3** | E learning Lesson 5 - Before Giving Care  Primary Assessment  Using pocket mask | TBA  Room 108 or  Lobby | Read Chapter 8  Pgs 159-169 & 181-183 |
| **Mon 3/7** | In Water Skill Review | POOL | Review pgs 181-183 |
| **Wed 3/9** | E learning Lesson 6 - Breathing Emergencies  Rescue Breathing Adult, Child & Infant  BVM  EARLY RELEASE | TBA  Room 108 or  Lobby | Finish Chapter 8  Pgs 169-181 & 184-193 |
| **Fri 3/11** | Rescues Skills continued  Putting It Together | TRINITY POOL |  |
| **Tu 3/15** | Obstructed Airway  Conscious Choking Adult, Child & Infant  Unconscious Choking Adult, Child & Infant | Lobby | Reading Chapter 9  Cardiac Emergencies |
| **Th 3/17** | In Water Session with Manikins | POOL | Read Chapter 9  Pgs 193-209 |
| **Mon 3/21** | E learning Lesson 7 - Cardiac Emergencies  Adult CPR | TBA lobby/ Room 108 | Review Pgs 207-209  Read Pgs 210-213 |
| **2/22-2/24** | Midterm Exams | TBA |  |
| **Tu 3/29** | CPR continued. Adult, Child & Infant,  2 Rescuer CPR, Adult & Infant | Lobby |  |
| **Th 3/31** | Timed Response Drill  Removal of Unconscious Victim  CPR on Manikin | POOL | Review Pgs 212 & 213 |
| **Mon 4/4** | Review CPR  Using a AED | POOL | Read Chapter 10  First Aid Pgs 214-220 & 239-241 |
| **Wed 4/6** | E learning Lesson 8 - First Aid  Secondary Assessment, Sudden Illness  Video Surveillance Activities | Room 108 | Finish Chapter 10  Pgs 220-238 &  242-245 |
| **Fri 4/8** | Controlling Bleeding  Splinting | Lobby | Read pg 128-130 |
| **4/11-4/15** | **SPRING BREAK** |  |  |
| **Tu 4/19** | First Aid Scenarios  Front & Rear Head Hold Escape  In Water Ventilations | POOL | Read Chapter 11 Head, Neck & Spinal Injuries Pgs246-257 |
| **Th 4/21** | **EARLY RELEASE**  E learning Lesson 9 - Head, Neck & Spinal Injuries  Video Head Splint, Back boarding | TBA | Read Pgs 278-264 |
| **Mon 4/25** | Spinal Injury Turning Over Shallow Water  Shallow Water Back boarding | POOL |  |
| **Wed 4/27** | Shallow Water Back boarding continued  Review | POOL | Read Deep Water Back boarding pg 265-273 |
| **Fri 4/29** | Spinal Injury Turning Over Deep Water  Deep Water Back boarding | TRINITY  POOL |  |
| **Tu 5/3** | Deep Water Back boarding  Review | TRINITY  POOL | Study for CPR/First Aid Exam |
| **Th 5/5** | E Learning Complete Conclusion CPR & First Aid Exam  Review LGT Material | Room 108 |  |
| **Mon 5/9** | General Water Skill Review | POOL | Study for Written Lifeguarding Exam |
| **Wed 5/11** | Final - Written Lifeguarding Skills  Review | Room 108 |  |
| **Fri 5/13** | Water Skill Review | POOL |  |
| **Tu 5/17** | Final In Water Skills  Spinal Injury Shallow Water | POOL |  |
| **Mon 5/23** | Final – In Water Skills  Active Victim Deep Water | TRINITY  POOL |  |
| **Wed 5/25** | Final - In Water Skills | TRINITY  POOL |  |
| **Fri 5/27** | Skill Makeup Return Books | POOL |  |
| **June**  **Final Exams** | Final Exam  Submerged Passive Victim, Deep Water,  Timed Response  Wrap up | TRINITY  POOL |  |