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| **DATE** | **TOPICS COVERED** | **CLASS MEETING AREA** | **HOME WORK DUE FOR NEXT CLASS SESSION** |
| **Wed 8/28/19** | Locks given out. Books assigned. Class Expectations. | Locker room /Pool | Email [mulcd001@hartfordschools.org](mailto:mulcd001@hartfordschools.org)  ‘Why I want to be a lifeguard’ |
| **Fri 8/30** | Prescreening Swim Test | POOL |  |
| **Wed 9/4** | Prescreening Swim Test continued  Conditioning Swim | POOL | Read Chapter 1  The Professional Lifeguard  Review Questions 1-14 |
| **Fri 9/6** | Class Registration  **E Learn-Intro and Lesson 1** The Professional Lifeguard, Legal Considerations, Continuation of Training  Being Part of a Team | Room  107 | Read Chapter 2  Facility Safety  Review Questions 1-7 |
| **Tu 9/10** | **E Learn Lesson 2** Facility Safety, The Drowning Process, Effective Surveillance -Victim Recognition & Zones.  Entries & Approaches | Room  107 | Read Chapter 3 & pgs 148-149,  169-172  Surveillance & Recognition  Review Questions 1-13 |
| **Tu 9/12** | Entries & Approaches  Skill Drill | POOL |  |
| **Mon 9/16** | Review Skills  Victim Recognition, Scanning and Rotations | POOL | Read Chapter 4  Injury Prevention  Review Questions 1-6 Pgs 113-114 |
| **Wed 9/18** | **E Learn 3** Injury Prevention  At the Aquatic Center, Guarding a Variety of Activities, Special Attractions & Organized Swim Groups | Room  107 |  |
| **Fri 9/20** | Endurance swim  Review Entries & Approaches.  Effective Scanning & Rotation  Victim School | POOL | Read Chapter 5  EPAs  Review Questions 1-10 |
| **Tu 9/24** | Endurance Swim  Putting it All Together | POOL | Read Chapter 6  Water Rescue Skills  Review Questions 1-10 |
| **Th 9/26** | **E Learn 4** - Rescue Skills EAP, Rescues & Extrications | Room  107 | Read Skill Sheets  Pgs 171-174 |
| **Mon 9/30** | Rescue Skills: Reaching Assists, Active Victim  from the Front and Rear | POOL | Study Skill sheets 175-180 |
| **Wed 10/2 Early Release** | Chapters 1-4  Quiz | POOL DECK |  |
| **Fri 10/4** | Rescue Skills continued: Passive Front & Rear Rescue,  Submerged Victim Shallow Water | POOL | Study Skill Sheets 180-184 |
| **Tu 10/8** | Surface Dives Deep Water  Submerged Victim in Deep Water | TRINITY POOL | Study Skill Sheets 183-187 |
| **Th 10/10** | Submerged Victim in Deep Water  Extrication Using a Backboard | TRINITY POOL | **ELearn 5** - Before Giving Care  Standard Precautions, Primary Assessment, Breathing Emergencies, Airway Obstruction |
| **Mon 10/14** | Putting it Together  Skill Drill- Gloves  1 Minute Challenge | POOL | Read Chapter 7  Before Providing Care & Victim  Review Questions 1-9 |
| **Wed 10/16** | Standard Precautions,  Glove removal, Primary Assessment, Breathing Emergencies, Pocket Mask | POOL DECK | Read Chapter 8  Breathing Emergencies  Review Questions 1-13 |
| **Fri 10/18** | Rescue Breathing Adult & Child  BVM Airway Obstruction Conscious | POOL DECK |  |
| **Tu 10/22** | Skill Review | POOL | Study Chapters 1-8 |
| **Th 10/24** | MIDTERM | POOL | **E Learn 6**  Heart Attack & Cardiac Arrest, CPR, AED |
| **Mon 10/28** | Cardiac Emergencies  CPR Adult & Infant  2 Rescuer CPR | POOL DECK | Read Chapter 9  Cardiac Emergencies  Review Questions 1-12 |
| **Wed 10/30** | 2 Rescuer CPR continued  AED Adult & Infant  CPR with Airway Obstruction | POOL DECK |  |
| **Fri 11/1** | Putting it all together  Part 1 &2 | POOL |  |
| **Wed 11/6**  **Early Release** | Skill Drill 1 & 2  Multiple Rescuer Response | POOL DECK |  |
| **Fri 11/8** | Skill Drill 3 & 4  Multiple Rescuer Response | POOL DECK | Read Chapter 10  Review Questions 1-12 |
| **Wed 11/13** | **E Learn 7** - First Aid  Secondary Assessment, Sudden Illness  Responding to Injuries  Secondary Assessment | Room  107 |  |
| **Fri 11/15** | Responding to Emergencies: Controlling Bleeding, Shock & Common Injuries | POOL DECK |  |
| **Tu 11/19** | First Aid Scenarios  Front & Rear Head Hold Escape  In Water Ventilations | POOL DECK/POOL | Read Chapter 11 Head, Neck & Spinal Injuries  Review Questions 1-8 |
| **Th 11/21** | **E Learn 8** - Head, Neck & Spinal Injuries  Video Head Splint, Back boarding | Room  107 | Study pages 359-361 & 366-369 |
| **Mon 11/25** | Spinal Injury Turning Over Shallow Water  Shallow Water Back boarding | POOL |  |
| **Mon 12/2** | Shallow Water Back boarding continued  Review | POOL | Study for CPR/First Aid Exam |
| **Wed 12/4**  **Early Release** | E Learn Conclusion  CPR & First Aid Exam | Room 107 | Study pages 362-363 |
| **Fri 12/6** | Spinal Injury Turning Over Deep Water  Deep Water Back boarding | TRINITY  POOL |  |
| **Tu 12/10** | Deep Water Back boarding  Review | TRINITY  POOL |  |
| **Th 12/12** | General Water Skill Review | POOL | Study for Written Lifeguarding Exam |
| **Mon 12/16** | Final - Written Lifeguarding  Skills Review | POOL |  |
| **Wed 12/18** | Water Skill Review | POOL |  |
| **Fri 12/20** | Final In Water Skills  Submerged passive timed Extrication with CPR | TRINITY POOL |  |
| **Fri 1/3** | Final In Water Skills  Multiple Rescuer Scenario | POOL |  |
| **Wed 1/8**  **Early Release** | Make up Written Test  Return Textbook | POOL DECK |  |
| **Fri 1/10** | Final – In Water Skills  Active Victim Deep Water | TRINITY  POOL |  |
| **Tu 1/14** | Final - In Water Skills | TRINITY  POOL |  |
| **Th 1/16** | Exam Make Ups  Wrap up | TRINITY  POOL |  |