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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‘Why I want to be a lifeguard’ |
| **Fri 8/30** | Prescreening Swim Test | POOL |  |
| **Wed 9/4** | Prescreening Swim Test continuedConditioning Swim | POOL | Read Chapter 1The Professional LifeguardReview Questions 1-14 |
| **Fri 9/6** | 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 |
| **Tu 9/10** | **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 |
| **Tu 9/12** | Entries & ApproachesSkill Drill | POOL |  |
| **Mon 9/16** | Review SkillsVictim Recognition, Scanning and Rotations  | POOL | Read Chapter 4Injury PreventionReview Questions 1-6 Pgs 113-114 |
| **Wed 9/18** | **E Learn 3** Injury PreventionAt the Aquatic Center, Guarding a Variety of Activities, Special Attractions & Organized Swim Groups | Room107 |  |
| **Fri 9/20** | Endurance swim Review Entries & Approaches. Effective Scanning & RotationVictim School | POOL | Read Chapter 5EPAsReview Questions 1-10 |
| **Tu 9/24** | Endurance SwimPutting it All Together  | POOL | Read Chapter 6Water Rescue SkillsReview Questions 1-10 |
| **Th 9/26** | **E Learn 4** - Rescue Skills EAP, Rescues & Extrications |  Room107 | Read Skill SheetsPgs 171-174 |
| **Mon 9/30** | Rescue Skills: Reaching Assists, Active Victimfrom the Front and Rear | POOL | Study Skill sheets 175-180 |
| **Wed 10/2 Early Release** | Chapters 1-4Quiz | 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 WaterSubmerged Victim in Deep Water | TRINITY POOL | Study Skill Sheets 183-187 |
| **Th 10/10** | Submerged Victim in Deep WaterExtrication Using a Backboard | TRINITY POOL |  **ELearn 5** - Before Giving CareStandard Precautions, Primary Assessment, Breathing Emergencies, Airway Obstruction |
| **Mon 10/14** | Putting it TogetherSkill Drill- Gloves1 Minute Challenge | POOL | Read Chapter 7Before Providing Care & VictimReview Questions 1-9 |
| **Wed 10/16** | Standard Precautions, Glove removal, Primary Assessment, Breathing Emergencies, Pocket Mask | POOL DECK | Read Chapter 8Breathing EmergenciesReview 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 EmergenciesCPR Adult & Infant2 Rescuer CPR | POOL DECK | Read Chapter 9Cardiac EmergenciesReview Questions 1-12 |
| **Wed 10/30** | 2 Rescuer CPR continuedAED Adult & InfantCPR with Airway Obstruction | POOL DECK |  |
| **Fri 11/1** | Putting it all together Part 1 &2 | POOL |  |
| **Wed 11/6****Early Release** | Skill Drill 1 & 2Multiple Rescuer Response | POOL DECK |  |
| **Fri 11/8** | Skill Drill 3 & 4Multiple Rescuer Response  | POOL DECK | Read Chapter 10Review Questions 1-12 |
| **Wed 11/13** | **E Learn 7** - First AidSecondary Assessment, Sudden IllnessResponding to Injuries Secondary Assessment |  Room107 |  |
| **Fri 11/15** | Responding to Emergencies: Controlling Bleeding, Shock & Common Injuries | POOL DECK |  |
| **Tu 11/19** | First Aid ScenariosFront & Rear Head Hold EscapeIn 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 InjuriesVideo Head Splint, Back boarding |  Room107 | Study pages 359-361 & 366-369 |
| **Mon 11/25** | Spinal Injury Turning Over Shallow WaterShallow Water Back boarding | POOL |  |
| **Mon 12/2** | Shallow Water Back boarding continuedReview | 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 WaterDeep Water Back boarding | TRINITYPOOL |  |
| **Tu 12/10** | Deep Water Back boardingReview | TRINITYPOOL |  |
| **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 SkillsSubmerged passive timed Extrication with CPR |  TRINITY POOL |  |
| **Fri 1/3** | Final In Water SkillsMultiple Rescuer Scenario | POOL |  |
|  **Wed 1/8****Early Release** | Make up Written TestReturn Textbook | POOL DECK |  |
| **Fri 1/10** | Final – In Water SkillsActive Victim Deep Water | TRINITYPOOL |  |
| **Tu 1/14** | Final - In Water Skills | TRINITYPOOL |  |
| **Th 1/16** | Exam Make UpsWrap up | TRINITYPOOL |  |