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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](mailto:mulcd001@hartfordschools.org)  ‘Why I want to be a lifeguard’ |
| **Fri 1/24** | Prescreening Swim Test | POOL |  |
| **Tu 1/28** | Prescreening Swim Test continued  Conditioning Swim | POOL | Read Chapter 1  The Professional Lifeguard  Review Questions 1-14 |
| **Th 1/30** | 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 |
| **Mon 2/3** | **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 |
| **Wed 2/5** | Entries & Approaches  Skill Drill | POOL | Read Skill Sheets pgs 87-88 |
| **Fri 2/7** | Review Skills  Victim Recognition, Scanning and Rotations | POOL | Read Chapter 4  Injury Prevention  Review Questions 1-6 Pgs 113-114 |
| **Tu 2/11** | **E Learn 3** Injury Prevention  At the Aquatic Center, Guarding a Variety of Activities, Special Attractions & Organized Swim Groups | Room  107 |  |
| **Th 2/13** | Endurance swim  Review Entries & Approaches.  Effective Scanning & Rotation  Victim School | POOL | Read Chapter 5  EPAs  Review Questions 1-10 |
| **Wed 2/19** | Endurance Swim  Putting it All Together | POOL | Read Chapter 6  Water Rescue Skills  Review Questions 1-10 |
| **Fri 2/21** | **E Learn 4** - Rescue Skills EAP, Rescues & Extrications | Room  107 | Study Skill Sheets  Pgs 171-174 |
| **Tu 2/25** | Rescue Skills: Reaching Assists, Active Victim  from 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 Water  Submerged Victim in Deep Water | TRINITY POOL | Study Chapters 1-4 |
| **Wed 3/4 Early Release** | Chapters 1-4  Quiz | POOL DECK | Study Skill Sheets 183-187 |
| **Fri 3/6** | Submerged Victim in Deep Water  Extrication Using a Backboard | TRINITY POOL | **ELearn 5** - Before Giving Care  Standard Precautions, Primary Assessment, Breathing Emergencies, Airway Obstruction |
| **Tu 3/10** | Putting it Together  Skill Drill- Gloves  1 Minute Challenge | POOL | Read Chapter 7  Before Providing Care & Victim  Review Questions 1-9 |
| **Th 3/12** | Standard Precautions,  Glove removal, Primary Assessment, Breathing Emergencies, Pocket Mask, Rescue Breathing | POOL DECK | Read Chapter 8  Breathing Emergencies  Review Questions 1-13 |
| **Mon 3/16** | BVM Airway Obstruction Conscious  Skill 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 Emergencies  CPR Adult & Infant  2 Rescuer CPR | POOL DECK | Read Chapter 9  Cardiac Emergencies  Review Questions 1-12 |
| **Th 3/26** | 2 Rescuer CPR continued  AED Adult & Infant  CPR 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 & 2  Multiple Rescuer Response | POOL DECK |  |
| **Fri 4/3** | Skill Drill Scenarios 3 & 4  Multiple Rescuer Response | POOL | Read Chapter 10  Review Questions 1-12 |
| **Tu 4/7** | **E Learn 7** - First Aid  Secondary Assessment, Sudden Illness  Responding to Injuries  Secondary Assessment | Room  107 |  |
| **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 continued  Front & Rear Head Hold Escape  In 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 Injuries  Video Head Splint, Back boarding | Room  107 | Study pages 359-361 & 366-369 |
| **Mon 4/27** | Spinal Injury Turning Over Shallow Water  Shallow Water Back boarding | POOL |  |
| **Wed 4/29** | Shallow Water Back boarding continued  Review | POOL |  |
| **Fri 5/1** | Spinal Injury Turning Over Deep Water  Deep Water Back boarding | TRINITY  POOL |  |
| **Tu 5/5** | Deep Water Back boarding  Review | TRINITY  POOL | 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 Skills  Submerged passive timed Extrication with CPR | TRINITY POOL |  |
| **Th 5/21** | Seniors to Holiday Hill  Underclassmen testing | POOL |  |
| **Tu 5/26** | Final In Water Skills  Multiple Rescuer Scenario | POOL |  |
| **Th 5/28**  **Early Release** | Make up Written Test  Return Textbooks | POOL DECK |  |
| **Mon 6/1** | Final - In Water Skills | POOL |  |
| **Wed 6/3** | Exam Make Ups  Wrap up |  |  |
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