



INTERNATIONAL SURF LIFESAVING ASSOCIATION

8941 Atlanta Ave. #220 Huntington Beach, CA 92646

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ISLA BASIC OPEN WATER LIFEGUARD ACADEMY SCHEDULE

0800 - 0930	Cadet Registration & <i>Lecture 0 - Course Introduction: Instructors & Course Explanation</i>
0930 - 1030	<i>Lecture 1 – The Professional Open Water Lifeguard</i>
1045 - 1130	Squad Work & Review of Open Water Swimming Techniques
1130 - 1200	Physical Event #1 500m Box Swim
1200 - 1330	Lunch
1330 - 1415	<i>Lecture 2 – The Aquatic Environment & Ocean Hazards</i>
1415 - 1500	<i>Lecture 3 – Lifeguard Communications & Coverage Systems</i>
1500 - 1730	Water Work #1; Two Stations: Rescue With Equipment; Rescue Without Equipment PHYSICAL EVENT #2: Long Run, Med Line Swim, Long Run
1730 - 1800	Clean-up and talk about Day 2

0800 - 0815	Role, Quiz
0815 - 0915	<i>Lecture 4 – Drowning Recognition & Rescue</i>
0930 - 1030	<i>Lecture 5 – Drowning Resuscitation</i>
1045 – 1145	<i>Lecture 6 – Trauma & Medical Emergencies</i>
1200-1230	PHYSICAL EVENT #3: Multi Loop - 3 Line Buoy In-N-Outs
1230-1330	Lunch
1330-1500	Four corners first aid activity - Drowning Resuscitation, Bleeding Control, and two Stations Instructor Choice
1500-1700	Water Work #2; Three Stations: Paddle Board Rescue, Rescue W Equip, Rescue w/o Equipment (review Day 1 skills and add escapes) PHYSICAL EVENT #4: Long Run, Long Box Swim, Long Run
1700-1800	Search and Recovery, Exam Review, Clean-up

0800-0815	Role
0815-0830	<i>Lecture 7 – Dangerous Marine Environment Life</i>
0930-1030	Review & Final Written Exam
1045-1200	Final Physical Event # 5 - Three Long, buoy in and outs/ Water Work #3 Carries as a large group then, Two Stations: Mock rescue practice w/equipment, Mock rescue practice w/equipment. Practicing Day one & two skills plus carries.
1200-1300	Beach Flags
1200-1330	Lunch
1330-1630	MOCK RESCUE FINAL, CONFIDENCE SWIM
1630- 1730	Awards, Graduation, Photos
1730-1800	Clean-up and Questions



EXPLANATION OF PHYSICAL EVENTS

Event #1 - Approx. 500M Box Swim

- Safety is key.
- 3 buoys/instructors to mark the course
- Keep the swim as close to shore without participants touching the bottom.
- Identify weak links (Cap No.)
- No cheering encourage participants to quit.
- Look for cheaters

Event #2 – Run Swim Run (Long run, Med Line Swim, Long Run)

- Should be a 10-20 min event
- 3 instructors form a line
- Turnaround buoy/instructor is mid channel
- Keep an eye on weak links
- Cheering Encourage participants to finish
- Look for cheaters

Event #3 – Multi Loop (Three Progressively Shorter In-N-Outs Around an Instructor and a Buoy on the Sand)

- Should be 15-25 min event
- 3 instructors form a Line
- Turnaround buoy/instructor is outside break (if safe)
- Keep an eye on weak links
- Cheering Encourage participants to finish
- Look for cheaters

Event #4 - Run Swim Run (Long run, Long Swim, Long Run)

- Should be a 15-25 min event
- 3 instructors form a line
- Turnaround buoy/instructor is mid channel
- Keep an eye on weak links
- Cheering Encourage participants to finish
- Look for cheaters

Final Event #5 The Clover: 3 In-N-Outs Around an Instructor and A Buoy. This is the longest and hardest event of the course.

- Lead Instructor will explain on site.



Confidence Swim – Is a fun, group swim with safety equipment. Swim far away from shore done as team. Floating squad check is done prior to swimming back to shore.

EXPLANATION OF WATER WORK

**Note: Always explain, demonstrate, and then practice all water skills.*

Water Work #1

Group One: Simulated Rescues with Fins & Buoys/Tubes (Equipment is mainly for rescuer safety)

1. Pre Rescue (Scene safety, call for help/back-up, etc.)
2. Choose best path to victim (depends on conditions)
3. Running, high knees, dolphining, and fins on
4. Swim with head up, keep eyes on victim
5. Stop two meters away from victim & calm victim down
6. Hand victim buoy/ clip victim in
7. Tow victim in, have them help you (kick)
8. Secure the victim during contact with surf (go under or over waves as needed)
9. Take off fins while holding on to victim, and walk them to dry sand.
10. Rewrap rescue buoy/tube.

Group Two: Simulated Rescues with No Equipment

1. Pre Rescue (Scene safety, call for help/back-up, etc.) **Note: This MUST be stressed as this is the most dangerous type of rescue. Personal limits must be known. If the rescue is too dangerous then the lifeguard must seek additional resources (ie rescue equipment, boat, RWC, etc).*
2. Choose best path to victim (depends on conditions)
3. Running, high knees, dolphining,
4. Swim with head up, keep eyes on victim
5. Stop two meters away from victim & calm victim down **Note: Controlling the situation with a commanding presence & reassuring the victim is vital to the safety of the rescuer.*
6. Approach the victim from the rear and perform a Cross Chest Armpit Carry.
7. Swim the victim in & continue to reassure the victim
8. Secure the victim during contact with surf (go under or over waves as needed)
9. Hold on to victim, and walk them to dry sand.
10. Rest. You'll be EXTREMELY fatigued.



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Water Work #2

Group One: Simulated Rescues with Fins & Buoys/Tubes

1. Review of Water Work Group One skills
2. Add removal of strap technique and swimming away for a victim trying to attack rescuer.

Group Two: Simulated Rescues with No equipment

1. Review of Water Work Group Two skills
2. Add “suck-tuck-&-duck” technique and swimming underwater for a victim trying to attack rescuer.

Group Three: Paddle Board Rescue

1. Pros & Cons
2. Using a rip current
3. Flipping board/rolling victim technique
4. Controlling board from the back

Water Work #3

Practice Hip Carry as Large Group, then break into three groups and do WW 1 & 2 skills with a carry at the end. (This is practice for the practical rescue exam)