**Lifeguard Training Course**

**Instructors:**

Oliver Eadie (022 187 2849) Pipi Maloney (022 103 9889) Josh Hirst (020 4094 4169)

**Coms:**

Messenger group **Muriwai lifeguard training course 2021**

**Week 1:** Sunday 18th September 2-4pm

Introductions between the group participants

Hand out manuals – Chapters: Risk Management, Prepare and Prevent

Pool session at Fools Pools – Check out surf on way to Fools, 400m times, blocks and releases, tows, tie rescue tubes (cannot do this at fools pools so may try and do this in surf)

**Week 2:** Sunday 25th September 2-4pm

Physical environment; waves, tides, rips and holes, Roles and responsibilities

CPR

Rip swim, explore rocks, run-swim-run

**Week 3:** Sunday 2nd October 2-4pm

CPR, first aid, signals

tube rescues, patient carries, recovery position - DRSABC

**Week 4:**  Sunday 9th October 2-4pm

CPR, first aid continued, Radios, Signals

**Week 5:** Sunday 16th October 2-4pm

Wayne Sutton (Muriwai’s only chief examiner) to take session going through manual and commonly asked questions.

**Week 6:** Sunday 23rd October 12-4pm **Compulsory**

4-hour session: **Hand in completed workbooks**

Mock theory exam in classroom. Run through signals, first aid, CPR, radio

Beach – run-swim-run, tube rescue, tows, blocks, releases,

**Pool Exam:** **Compulsory**. Swim 400m in under 9 minutes, tows x 2, blocks and releases, tie rescue tube – must pass this before proceeding to beach exam. Time to be confirmed. (Tuesday or Wednesday before exam)

**Examination:** Saturday 29th October Beach Exam 8.30am – 5pm.

Written exam first – must pass this to proceed with exam. 50 questions, pass mark 80% (40/50)

First aid scenarios, CPR, radio and signals – rotate through stations

Run-swim-run

Tube rescue