

# Recruit Training Schedule

## Orientation

### Sunday, May 1

9:00 AM @ Lifeguard Station

- Introduction
- Pass out Roll Sheet & Contact Info
- Pass out syllabus/waivers/Corps documents, etc.

12:00 PM Conclusion

## Week 1 - Recruit Screening

### Sunday, May 8

9:00 AM @ Pool

- Roll, collect waivers
- Warm-up
- Timed 550m Swim (under 10 min)
- Retrieve object from bottom of the deep end
- Remedial Swim Strokes: crawl, breast, back, and side
- Intro to Breaks and Holds (tentative)

12:00 PM Break for Lunch

1:00 PM @ Lifeguard Station

- Comprehension Test
- Class Introductions
- Timed 1 Mile Run on beach (under 8 min)
- Lifeguard Tower Pulls, Relay

3:00 PM

- Pass out Binder Materials
- Recruits self-address envelope for Parents Night
- Recruit Sign instructions (to be ready by next week)
- Review Recruit Rules
- Meeting Dress Code
- Commodore Election

4:30 PM - Dismissal

## **Week 2 - Self Defense / CPR**

### **Sunday, May 15**

8:00 AM @ Pool

- Roll call, warm-up
- Timed 550m swim
- Breaks and Holds
- Passive Victim Approaches and Carries
- Review Week 1 Material

12:00 PM Break for Lunch

1:00 PM @ Lifeguard Station

- CPR

4:00 PM - Stretch and 2-mile run  
- Introduction of North Boundary & Towers

5:00 PM - Training Committee Introduction  
- Chairman's Remarks  
- Sign Inspection

6:00 PM - Release to Quartermaster

### **Tuesday, May 17**

6:30-7:30 PM @Lifeguard Station

- Parent Orientation for Recruits under 18 yrs

## **Week 3 - Active Victim / CPR**

### **Sunday, May 22**

- 8:00 AM @ Pool
- Roll call, CPR review, quiz
  - Assign Homework
  - Warm-up
  - Time 550m swim
  - Review passive victim skills
  - Active victim approaches and carries
  - Cross-chest carry conditioning
  - Quiz results
- 12:00 PM Break for Lunch
- 1:00 PM @Lifeguard Station
- CPR
- 4:00 PM
- Stretch and 2-mile run
  - Introduction of Southern Boundary and Towers
  - Review of Meeting Etiquette
- 5:00 PM Training Committee
- 6:00 PM Release to Quartermaster

### **Tuesday, May 24**

- 6:30 PM @Lifeguard Station
- Bylaws
- 7:30 PM General Meeting

## **Week 4 - In-line Stabilization / Intro to 1st Responder**

### **Sunday, May 29**

8:00 AM @Pool

- Roll call, Quiz
- Assign Homework
- Warm-up
- Timed 550m Swim
- Review Active Victim skills
- In-line Stabilization (shallow and deep water)
- Backboarding (land and water)
- Water Confidence drills

12:00 PM Break for Lunch

1:00 PM @Lifeguard Station

- Emergency Response
  - o The Well-being of a First Responder
  - o Preventing Disease Transmission
  - o Legal and Ethical Issues

4:00 PM - Stretch & Run  
- Backboarding Drills

5:00 PM - Training Committee

6:00 PM - Release to Quartermaster

### **Tuesday, May 31**

6:30 PM @Lifeguard Station

- Drowning Pathophysiology
  - o Dr. Szpilman's BLS Flowchart

7:30 PM General Meeting

## **Week 5 – Code X / Body Systems, Assessment**

### **Sunday, June 5**

- 8:00 AM @Pool
- Roll call, Quiz – Note: UNF pool closed next two sessions
  - Assign Homework
  - Warm-up
  - Timed 550m Swim
  - Review In-line Stabilization
  - Submerged Victim Recovery
  - Code X Search Patterns
  - Water Confidence
- 12:00 PM Break For Lunch
- 1:00 PM @Lifeguard Station
- Emergency Response
    - o Human Body Systems
    - o Lifting and Moving
    - o Putting It All Together
    - o Assessment I, II
- 4:00 PM
- Lifting and Moving Practical
  - Reminder: UNF Pool closed
- 5:00 PM
- Training Committee
- 6:00 PM
- Release to Quartermaster

### **Tuesday, June 7**

- 6:30 PM @Lifeguard Station
- Manual of Beach Practice (Standard Operating Guidelines)
- 7:30 PM General Meeting

## **Week 6 – Beach Practice / Shock, Specific Injuries**

### **Sunday, June 12**

- 8:00 AM @Lifeguard Station
- Roll call, Quiz
  - Assign Homework
  - Review Code X
  - Truck Patrol – Conditions, Local Landmarks, Towers
  - Lesson – Components of a Rescue on the Beach
  - Mock Case – Cardiac Arrest
  - Surf Entries
- 12:00 PM Break For Lunch
- 1:00 PM @Lifeguard Station
- Emergency Response
    - o Measuring Blood Pressure
    - o Bleeding and Shock
    - o Specific Injuries I, II, III
- 4:00 PM - Stretch and 1-mile Paddleboard Run
- 5:00 PM - Training Committee
- 6:00 PM - Release to Quartermaster

**Tuesday, June 14**

- 6:30 PM @Lifeguard Station
- Communications
    - o Body Language
    - o Radio Etiquette
- 7:30 PM General Meeting

**Week 7 - Drowning Prevention / Shock, Specific Injuries**

**Sunday, June 19**

- 8:00 AM @Lifeguard Station
- Roll call, Quiz
  - Assign Homework

- Lessons: Surveillance, Dry-land Observations, The Proactive Lifeguard
- Mock Cases (Diabetic Coma, Trauma)
- Assign Homework

12:00 PM Break For Lunch

1:00 PM @Lifeguard Station

- Emergency Response
  - o Muscle and Bone Injuries I, II
  - o Injuries to the Head, Neck, and Back I, II

4:00 PM - Afternoon Conditioning

5:00 PM - Training Committee

6:00 PM - Release to Quartermaster

### **Tuesday, June 21**

6:30 PM @Lifeguard Station

- Manual of Beach Practice con't.
  - o Specialized Rescue Craft and Equipment

7:30 PM General Meeting

## **Week 8 - Paddleboard / Medical Emergencies**

### **Sunday, June 26**

8:00 AM @Pool

- Roll call, Quiz –
- Assign Homework
- Warm-up
- Timed 550m Swim
- Paddleboard Rescue

12:00 PM Break For Lunch

1:00 PM @Lifeguard Station

- Emergency Response
  - o Medical and Behavioral Emergencies I, II
  - o Putting It All Together

4:00 PM - Paddleboard Entries, Rescues

5:00 PM - Training Committee

6:00 PM - Release to Quartermaster

### **Tuesday, June 28**

6:30 PM @Lifeguard Station

- Drowning Demographics: Who Drowns?

7:30 PM General Meeting

## **Week 9 - Refinement of Skills / Infants and Children**

### **Sunday, July 3**

8:00 AM @Pool

- Roll call, Quiz
- Assign Homework
- Warm-up
- Timed 550m Swim
- Multiple Rescues
- Comprehensive Skills Review
- Mock Pool Test

12:00 PM Break For Lunch

1:00 PM @Lifeguard Station

- Emergency Response
  - o Childbirth
  - o Infants and Children I, II
  - o Putting It All Together

4:00 PM - Surf Rescues

5:00 PM - Training Committee

6:00 PM - Release to Quartermaster

### **Monday, July 4**

9:00 AM - Shadowing (TBA)

### **Tuesday, July 5**

6:30 PM @Lifeguard Station

- Bylaws and SOGs Written Tests

7:30 PM General Meeting

## **Week 10 – Final Evals / EMS Support**

**Sunday, July 10**

- 8:00 AM @Pool
- Roll call, Quiz
  - Testing Week Orientation
  - Warm-up
  - Timed 550m Swim
  - Evaluation of Rescues
  - Mock Pool Test
- 12:00 PM Break For Lunch
- 1:00 PM @Lifeguard Station
- Emergency Response
    - o EMS Support and Operations I, II
    - o Skills
- 4:00 PM - Final Written Test
- 5:00 PM Final Training Committee Meeting
- 6:00 PM Release to Quartermaster

## **Indoctrination Week**

**Tuesday, July 12**

- 6:30 PM @Lifeguard Station
- Review for Surfman's Blackball
- 7:30 PM General Meeting
- o Final Surfman's Blackball

**Wednesday, July 13**

6:30 PM @Lifeguard Station

- Recruit Project (TBA)

**Friday, July 15**

7:30 PM @Fletcher Pool

- Pool Test

**Saturday, July 16**

4:00 AM @Lifeguard Station

- Test Saturday (Events TBA)

11:00 AM Initiation for remaining Recruits

12:00 PM Welcoming Ceremony

6:00 PM Alumni Dinner

8:00 PM @TBA

- Recruit Party