***Lifeguard Training Weekend***

***Spanish Trail Scout Reservation***

***May 19, 20, 21 & May 27 or June 3  
  
DRAFT VERSION 1***

All Participants will be assigned to a Campsite with erected tents and cots for the weekend

Note: Limited to 12 Participants  
  
Weather may change to ability to complete this course over the weekend(s) and or the sequence or timing of course delivery

**Prerequisites – Completed before Arrival**

1. Submit proof of age and BSA Registration
2. Complete Application
3. Submit written evidence of fitness for swimming activities (signed health history).
4. Show evidence of current training in the BSA online module for Safe Swim Defense. (Bring a picture of your training or a paper copy, Your BSA lifeguard is good for 2 years, and must always accompany current Safe Swim Defense training)
5. Strongly Suggested – Complete BSA Safety Afloat Training

**Friday – May 19 (Sunset is 7:36 PM)**

5:00 - 7:30 Check-in & Swim Tests

7:45 – 8:30 Introduction to Lifeguard Training – Henson Hall  
 Unit 2: The BSA Lifeguard as a Professional

8:45 to 10:30 CPR Training – Henson Hall

11:00 Taps

**Saturday – May 20**

7:00 Breakfast

7:30 – 8:45 Unit 3: Safety Standards and Risk Management

9:00 Swimming Tests – 3 Testers @ 15 min per Trainee

550 Yard Swim

Tread Water for 2 Minutes

10lb Object Retrieval in 100 Seconds or less

10:00 – 10:30 Unit 5: Introduction to Rescue Equipment, Entries, and Approaches Assists Videos Review – Henson Hall

Assist Cycle – Two Parallel Sessions

Reaching

Throwing

10:40 – 11:30 Unit 6: Entries and Rescue Approaches

11:45 Lunch

3:00 – 4:00 Webloree Free-Swim / Lifeguard Experience

4:00 – 5:00 Webloree Free-Swim / Lifeguard Experience

5:00 – 3:30 Lifeguard Experience Debrief

3:30 – 5:00 Unit 7: Surveillance and Victim Recognition   
 6:00 – 7:00 Dinner

7:30 – 9:00 Unit 8: Introduction to Assists and Rescues  
 9:00 – 9:30 Unit 15: Introduction to Rescue Watercraft

9:00 – 10:00 Cracker Barrel

10:30 Taps

**Sunday – May 21**

7:00 Breakfast

8:00 Services with Web-Lo-Ree

9:00 – 9:30 Unit 9: Reaching and Throwing Assists – Waterfront

10:00 – 11:00 Unit 10: Moving the Victim to Safety and Rescues  
 11:00 – 12:00 Unit 12: Multiple and Submerged Victim Rescues and Escapes  
12:00 – 1:00 Lunch

1:00 – 1:30 Unit 11: Introduction to Multiple and Submerged Victim Rescues and  
Escapes

1:30 – 3:30 Unit 13: Introduction to Victim Removal (with review activity)

Unit 14: Removal from the Water (with water rescue drill)

4:00 – 5:15 Unit 16: Rescue Watercraft

5:30 Adjourn

**Saturday – May 27 or Saturday, June 3**

7:00 – 8:00 Check-In / Breakfast

8:00 – 9:30 Unit 17: Safe Swim Defense – Dining Hall

10:00 – 11:00 Unit 18: Introduction to Lost Swimmer Search and Use of Mask and Fins

Unit 23: Spinal Injury Management—Introduction to Backboarding

11:00 – 12:00 Unit 19: Lost Swimmer Search and Use of Mask and Fins

Unit 20: Spinal Injuries and Caring for Spinal Injuries on Land

12:00 – 12:30 Lunch

1:00 – 3:00 Unit 21: Spinal Injury Management—Intro to In-line Stabilization in water

Unit 22: Spinal Injury Management—In-line Stabilization in the Water

3:30 - 5:00 Unit 24: Spinal Injury Management—Backboarding

5:30 Take-Home written test

5:45 Adjourn