

NLS Course Outline (Winter 2005)

Instructor: *Joel Sutcliffe*

Location: *UBC Aquatic Centre*

Dates: *January 8 – April 2 (no class on Jan 15, March 5&12)*

Time	Jan 8	Jan 22	Jan 29	Feb 5	Feb 12	Feb 19	Feb 26	Mar 19	Mar 26	April 2	April 9					
9:00	Introduction	Communication Skills – Public/Victims	Communication Skills - Guards	Basic Guarding Quiz	Oxygen Equipment and Therapy	Oxygen Quiz	Health and Safety	Lifeguard and the Law	First Aid Simulations	Final Written Exam	Final Evaluation of all Items					
9:15						Secondary Survey	Pool Chemistry and Filtration					Critical Incident Management				
9:30	Image, Duties	Health and Safety	Drowning Physiology	Spinal Injuries	Oral Airways											
9:45																
10:00	Fitness and the Lifeguard	Priority Action Approach	Victim Recognition	ABC Problem Solving	Assisted Ventilations	Single Rescuer Modifications	Anaphylaxis and Epipens	First Aid Review	Review	BREAK						
10:15	Principles of Lifeguarding		Pool Analysis													
10:30	Lifeguarding Techniques					BREAK	BREAK	BREAK	BREAK	BREAK		BREAK				
10:45																
11:00																
11:15	BREAK	BREAK		BREAK	BREAK								Fitness	Fitness	Fitness	Fitness
11:30	Orientation & Focal Points	Fitness	Fitness	Fitness	Spinal Procedures								Spinal Procedures	Evaluation of procedures	First Aid Procedures	Simulations
11:45		DNS Procedures	Lifting Skills	DNS Procedures		Simulations	Simulations	Specialized Rescues								
12:00			Unconscious Procedures	Unconscious Procedures												
12:15	Deck Movement	Scanning		Scanning	Unconscious Procedures				Searches	Spinal Procedures	Procedure Practice	Feedback				
12:30	Entries															
12:45	Fitness															
1:00	Victim Simulation	Basic lifeguarding Assignment Due	Pool Analysis Assignment Due	Study for Basic Lifeguarding Quiz		Study for Oxygen Therapy Quiz	Pool Chem Assignment due	Liability Assignment due	First Aid Review Assignment due	Study for Final Written Exam	Practice for all practical skills					

****This outline is subject to change!!**