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**Vancouver Board of Parks and Recreation Aquatic Division
 Lifeguard Certification Schedule 2012**

This information is a detailed schedule for potential lifeguards and current lifeguards who wish to obtain additional certifications for employment purposes.

AQUATIC EMERGENCY CARE/STANDARD FIRST AID, CPR ‘C’

Take your lifesaving training to the next level! If you are planning to be a professional lifeguard, AEC or Standard First Aid is the prerequisite to the National Lifeguard Certificate. AEC provides hands-on training in the care of injuries and illness common to both aquatic and non-aquatic settings. Learn how to recognize and treat injuries including head & spinal, bone & joint, abdominal & chest injuries, burns, obstructed airways and other common medical emergencies. AEC/Standard First Aid equivalent and includes CPR-C certification.

January 10- 29th, 2012 - Fee: \$160.08

Tuesday, January 10 6:00-10:00pm VAC Lecture	Introduction, principles of first aid, PAA, self protection, ABC's, EMS
Sunday, January 15 8:30-12:30pm VAC Pool/Lecture	Bleeding, abdominal injuries, anatomy and physiology, respiratory/circulatory emergencies
Tuesday, January 17 6:00-10:00pm VAC Lecture	Secondary survey, head and spinal injuries, facial, bone, joint, soft and abdominal injuries, environmental injuries and burns
Sunday, January 22 8:30-12:30pm VAC Pool/Lecture	Pool/Lecture Poisoning, diabetes, PAA review, Water session
Tuesday, January 24 6:00-10:00pm VAC Lecture	ABC review, pressure related injuries, land simulations, critical incident response management.
Sunday, January 29 8:30-12:30pm VAC Pool/Lecture	Spinals, Water rescues, conclusion

SIMILAR AEC/STANDARD FIRST AID CONTENT FOR SEPTEMBER 20-25 COURSE

COMPETITION AND SKILL DEVELOPMENT

(Introduction to the sport and technical aspects)

This course will improve your employment opportunities. Competition is an important aspect of life guarding as it provides life-like emergency situations practised in a controlled environment. Skill improvement and streamlining optimizes the candidate's performance in competitions. Competition: Sunday, April 1.

Tuesdays, March 13 – 27th, 2012

Fee: \$6.10/session for 3 sessions

Tuesday, March 13 6:00-10:00pm VAC Pool/Lecture	Introduction to competition procedures and physical events. Patient assessment for points
Tuesday, March 20 6:00-10:00pm VAC Pool/Lecture	Priority action, obstacle course and mannequins, First Aid for marks. All the steps to First Aid.
Tuesday, March 27 6:00-10:00pm VAC Pool/Lecture	Relay transitions and starts, deck movement. Review of marking sheets and tips for extra points
Sunday, April 1 1:00-5:00pm	Closed Lifeguard Competition (N.L.S. Guard School)

LIFEGUARD PUBLIC RELATIONS SEMINAR

An advanced course in dealing with the public. Topics: include nonverbal communication, conflict assessment, resolution, police involvement and legal implications. Includes LSS Certificate.

Sunday, March 4, 2012

11:00 am - 3:00 pm

Fee: \$26.68/ 1 session

NATIONAL LIFEGUARD (NLS) POOL OPTION

Learn the fundamental principles of lifeguarding and swimming pool supervision. Topics include rescue and emergency procedures, injury prevention, public relations, scanning, first aid and pool operation.

Prerequisites: Bronze Cross; Standard First Aid or Aquatic Emergency Care (current within two years of certification date by first day of course); 16 years of age (by last day of course).

January 31 - March 11th, 2012 – Fee: \$329.16

Tuesday, January 31 6:00-10:00pm VAC Pool/Lecture	Facility orientation lifesaving skills; physical standards, Pia carry, victim recognition. Course Introduction; N.L.S. history, Lifeguard vs. Lifesaver duties and responsibilities, "On Drowning" video. Homework: Alert: Chapters 1 & 6, Vancouver Lifeguard Manual Section 1
Sunday, February 5 8:30-12:30pm VAC Pool/Lecture	Deck movement, DNS procedures, non-breather removals, primary survey drills. P.A.A., EMS, near-drowning, respiratory disorders; Health and Safety. Homework: Alert Chapter 2
Tuesday, February 7 6:00-10:00pm VAC Pool/Lecture	Pia drills; unresponsive patient exam; entries, focal points. Principles of lifeguarding; scanning; circulatory disorders; Head and spine injuries; Video "Sudden Impact". Homework: Alert Chapter 3
Sunday, February 12 8:30-12:30pm VAC Pool/Lecture	Deep and shallow water removals, spinal management. Oxygen therapy, oral airways, anaphylaxis, Homework: Alert Chapter 4
Tuesday, February 14 6:00-10:00pm VAC Pool/Lecture	Responsive patient exam: scanning drills, seizures and ABC problems. First Aid Simulations, land/water searches: communications: hand signals. Homework: Alert Chapter 8, Van. Lifeguard Manual Section 2
Sunday, February 19 8:30-12:30pm VAC Pool/Lecture	Spinals; introduction to sims; lumbar/lower system injuries. Oxygen review, Lifeguard and the Law. Homework: Liability Assignment
Tuesday, February 21 6:00-10:00pm VAC Pool/Lecture	Quick simulations; object recovery; pool searches; single rescuer modifications. Review, quizzes, CANDIDATE EVALUATION. Homework: Vancouver Lifeguard Manual Sections 3 to 6, Alert Chapter 9
Sunday, February 26 8:30-12:30pm VAC Pool/Lecture	First Aid sims, spinal physical standard, unusual emergencies, spinal complications. Lifeguard duties, responsibilities and attitudes, skin cancer and Video "In Too Deep". Homework: Alert Chapter 11
Tuesday, February 28 6:00-10:00pm VAC Pool/Lecture	Simulations; physical standard review, specialized rescues. Pool chemistry, Health Act, OH&S, WHIMS
Sunday, March 4 8:30-10:30am VAC Pool/Lecture	Simulations, whirlpool/sauna experiences. Homework: Alert Chapter 7
Tuesday, March 6 6:00-10:00pm VAC Pool/Lecture	NLS Practical Evaluations – skills and simulations; administration, final review and test.
Sunday, March 11 8:30-12:30pm VAC Pool/Lecture	NLS Practical Evaluations – simulations, stress and CIS management, Unsuccessful rescues. CANDIDATE EVALUATIONS

SIMILAR NLS SCHEDULE FOR MAY 15 - JUNE 21/SEPTEMBER 25 – NOVEMBER 1 COURSES

N.L.S. WATERFRONT OPTION

(be in shape, bring running shoes and warm attire; wet suits optional)

This award focuses on the aspects of lifeguarding a beach, lake or other outdoor aquatic environments. Topics include waterfront scanning and rescue procedures, emergency response and first aid, rescue equipment use and maintenance. This award prepares candidates for lifeguarding duties on waterfronts with waves less than one metre. Classes held at Kits Beach.

Pre-requisite: NLS (pool option); Standard 1st Aid/AEC or Equivalent

June 16-25th, 2012

Fee: \$210.60

Saturday, June 16 12:00-4:00pm Kits Beach	Registration; review; rowboats; paddleboards and rescue cans, oxygen therapy.
Sunday, June 17 8:30-12:30pm Kits Beach	Removals; stretcher and blanket work; equipment relays; first aid simulations; spinal.
Monday, June 18 4:00-9:00pm VAC Lecture Room	Hypothermia; heat-related problems; waterfront design scuba injury; extensive guarding (lifesaving); boating regulations, waterfront P.R.; communications: radio, hand signals, weather, tides, knots
Tuesday, June 19 4:00-8:00pm Kits Beach	Time swim; rowboat and paddleboard rescues; raft, guarding, scanning techniques; waterfront simulations
Wednesday-Friday, June 20-22 12:00-8:00pm	Rowboat, paddleboard practice (optional)
Saturday, June 23 12:00-4:00pm Kits Beach	Rowboat, paddleboard and spinal practice; water searches; skin diving, simulations.
Sunday, June 24 8:30-12:30pm Kits Beach	Time swim evaluation; simulations; quiz make-up; other waterfront tips.
Monday, June 25 4:00-9:00pm Kits Beach	Final review/test/ PRACTICAL EVALUATION
June 26-30 – all day Pools/Beaches	Shadow Guarding for NEW Lifeguards with no previous experience.