



**Vancouver Aquatic Centre**  
 1050 Beach Avenue Vancouver, B.C. V6E 1T7  
 604-665-3424 website: [www.vancouverparks.ca](http://www.vancouverparks.ca)  
 E-mail: [glenn.schultz@vancouver.ca](mailto:glenn.schultz@vancouver.ca)



**Vancouver Board of Parks and Recreation Aquatic Division  
 LIFEGUARD SCHOOL 2012**

<b>REGISTRATION INFORMATION:</b> These classes are for lifeguards who wish to update their skills or plan to apply for work within the Vancouver system. Pre-requisite is NLS. January 12-April 5, 2012 - Join anytime – pre-register for all programs. Phone 604-665-3421 <b>Fees: \$75.00/Full Program or \$6.10/Session Drop-in</b>	
<b>Thursday, January 12</b> 6:00-9:30pm VAC Pool/Lecture	Registration, course explanations, orientation mixer, timed swim/skills, opening remarks, slide show “Vancouver Beaches and Pool System”, “The Wash”
<b>Sunday, January 15</b> 8:30-12:30pm VAC Pool/Lecture	Pia carries: introduction, water/land non-responsive patient basics, Water Polo workout. Lifeguard fitness program. Guest lecturer
<b>Thursday, January 19</b> 6:00-9:30pm VAC Pool/Lecture	Pia proficiency, ABC problem solving, barrier devices (eg. Gloves, pocket masks). The human body and cardio-vascular disorders.
<b>Sunday, January 22</b> 8:30-12:30pm VAC Pool/Lecture	Pool removals, CPR relay waterfront unconscious rollovers. Pool safety audit, video – The Reasons People Drown.
<b>Thursday, January 26</b> 6:00-9:30pm VAC Pool/Lecture	Lifesaving night, intro to Olympic event skills. Back care, lifting skills, video – Working in the Pool.
<b>Sunday, January 29</b> 8:30-12:30pm VAC Pool/Lecture	Deadly bleeding – A,B &C drills, primary survey drills, secondary drowning. Penny for your thoughts. Working in a waterfront setting
<b>Thursday, February 2</b> 6:00-9:30pm VAC Pool/Lecture	Priority action, entries, bubble maker skills. History, vital signs, secondary survey, communication between lifeguards and patients.
<b>Sunday, February 5</b> 8:30-12:30pm VAC Pool/Lecture	Deck movement, DNS procedures, non-breathing removals, primary survey review. Priority action, near drowning, respiratory disorders.
<b>Thursday, February 9</b> 6:00-9:30pm VAC Pool/Lecture	First Aid Simulations (sims), stretcher, blanket work. ABC review, follow up care and 911.
<b>Sunday, February 12</b> 8:30-12:30pm VAC Pool/Lecture	Pia and other carries, deep and shallow water removals, spinal management. Oxygen, airways, anaphylaxis, and diabetes
<b>Thursday, February 16</b> 6:00-9:30pm VAC Pool/Lecture	Spinal review, lumbar/lower systems, deep water recovery, other conditions. First Aid problem solving, first aid kit.
<b>Sunday, February 19</b> 8:30-12:30pm VAC Pool/Lecture	Spinals, fitness skills and relays, oxygen review. Lifeguard and the law.
<b>Thursday, February 23</b> 6:00-9:30pm VAC Pool/Lecture	Team triage first aid. Child abuse in aquatics facilities, report writing. Musculoskeletal, soft tissue and joint injuries.
<b>Sunday, February 26</b> 8:30-12:30pm VAC Pool/Lecture	Simulations, spinal complications, lifeguard duties. Video – In Too Deep
<b>Thursday, March 1</b> 6:00-9:30pm VAC Pool/Lecture	Simulations and fitness (bring clothes) Vancouver Lifeguard rules and regulations, sexual harassment, violence in the workplace.
<b>Sunday, March 4</b> 8:30-10:00am VAC Pool	Simulations, whirlpool/sauna experiences Heat related emergencies
<b>Thursday, March 8</b> 6:00-9:30pm VAC Pool/Lecture	Simulations, parks bylaws, inquests.
<b>Sunday, March 11</b> 8:30-12:30pm VAC Pool/Lecture	Simulations, Stress/CIS management, unsuccessful rescues. Ambulance visit.
<b>Thursday, March 15</b> 6:00-9:30pm VAC Pool/Lecture	Life Saving Fitness and Aquatic Sports. Skin cancer, Hepatitis B/C and H.I.V
<b>Sunday, March 18</b> 8:30-12:30pm VAC Pool/Lecture	Workout and Introduction to Waterfront skills. Automatic External Defibrillator (AED) introduction. “Making the Difference” video
<b>Thursday, March 22</b> 6:00-9:30pm VAC Pool/Lecture	Access for persons with a disability, Guest Lecturer Disability Awareness, Occupational Health and Safety
<b>Sunday, March 25</b> 8:30-12:30pm VAC Pool/Lecture	Paddleboards, Beach water searches Diversity Training.
<b>Thursday, March 29</b> 6:00-9:30pm VAC Pool/Lecture	Waterfront skills, radio procedures. Dealing with difficult patrons. Park Board Lifeguard System
<b>Sunday, April 1</b> 1:00-5:00pm Location TBA	<b>CLOSED LIFEGUARD COMPETITION</b> (N.L.S., Guard School and Competition Skill Development candidates only)
<b>Thursday, April 5</b> 6:00-9:30pm VAC Pool/Lecture	<b>PRACTICAL LIFEGUARD EXAM (6:00-8:00pm)</b> <b>WRITTEN LIFEGUARD EXAM (8:00-9:30pm)</b>



## Vancouver Board of Parks and Recreation Aquatic Division Vancouver Outdoor Lifeguard Exams and Orientations

### VANCOUVER OUTDOOR LIFEGUARD EXAMS 2012

Date	Day	Time	Location
April 5	Thursday	6:00pm – 10:00pm	VAC
May 19	Saturday	8:30am – 12:00noon	Kits Pool
May 27	Sunday	8:30am – 12:00noon	Kits Pool
June 9	Saturday	8:30am – 12:00noon	Kits Pool
June 18	Monday	8:30am – 12:00noon	Kits Pool
July 2	Monday	8:30am – 12:00noon	Kits Pool

**Pre-register at the Vancouver Lifeguard Office – no fee**  
Kitsilano Beach 604-738-8535 (after May 15)

### VANCOUVER OUTDOOR LIFEGUARD ORIENTATION SESSIONS (For NEW and 2<sup>nd</sup> YEAR Guards)

June 24	Sunday	1:00 – 5:00pm	Kits Tower (summer office)
June 28	Thursday	5:30 – 9:30pm	VAC

**Pre-register at the Vancouver Lifeguard Office – no fee**  
Kitsilano Beach 604-738-8535 (after May 15)

### VANCOUVER OUTDOOR LIFEGUARD BEACH TRAINING (Mandatory for NEW and 2<sup>nd</sup> YEAR Guards)

June 3	Sunday	9:00am – 12:00noon	Kits Beach
June 16	Saturday	9:00am – 12:00noon	Kits Beach
July 1	Sunday	9:00am – 12:00noon	Kits Beach

**Pre-register at the Vancouver Lifeguard Office – no fee**  
Kitsilano Beach 604-738-8535 (after May 15)

**Shadow guarding** for new guards with no previous experience:

June 26 - June 30 -arrange through Kits Tower 604 738 8535.

For Recertification schedules please see [Lifeguard Recertification Schedule](#) on line.