



LIFEGUARD IN-SERVICE AGENDA: JANUARY

- Swim Endurance Skill—250m swim
- Scanning & Alertness—Silhouette Drop
- Rescue Skill—Passive Rescues w/ Board Lifts
- CPR Skills—Unresponsive & Not Breathing
- First Aid Skills—Bleeding in the Pool
- Spinal Management—NA this month
- Branch Specific Topics—Member Relations

Date: _____ Time: _____ Branch: _____

In Attendance:

Notes:



**LIFEGUARD IN-SERVICE AGENDA:
FEBRUARY
(Lifeguard Olympics @ SI)**

- Swim Endurance Skill—8x25m Sprints
- Scanning & Alertness—Color Ball Drop
- Rescue Skill—Pool Entries & Active Victims
- CPR Skills—CPR Sequence w/ Emergency O2
- First Aid Skills—Bad Allergic Reaction
- Spinal Management—NA this month
- Branch Specific Topics—Member Engagment

Date: _____ Time: _____ Branch: _____

In Attendance:

Notes:



LIFEGUARD IN-SERVICE AGENDA: MARCH

- Swim Endurance Skill—Surface Dives & Treading Water
- Scanning & Alertness—Counting Drills
- Rescue Skill—Passive Rescues w/ Inline Stabilization
- CPR Skills—CPR w/ Modified Jaw Thrust
- First Aid Skills—Spinal Injury
- Spinal Management—Backboarding
- Branch Specific Topics

Date: _____ Time: _____ Branch: _____

In Attendance:

Notes:



LIFEGUARD IN-SERVICE AGENDA: APRIL

- Swim Endurance Skill—6x25m Team Towing
- Scanning & Alertness—Silhouette Drop
- Rescue Skill—Submerged, Active & Passive
- CPR Skills—Unresponsive & Not Breathing
- First Aid Skills—Heart Attack & Stroke Signs
- Spinal Management—NA this month
- Branch Specific Topics—EAP

Date: _____ Time: _____ Branch: _____

In Attendance:

Notes:



LIFEGUARD IN-SERVICE AGENDA: MAY

- Swim Endurance Skill—100m Free & Breast
- Scanning & Alertness—Color Ball Drop
- Rescue Skill—Active Rescues Shallow & Deep
- CPR Skills—Unresponsive & Not Breathing
- First Aid Skills—Heated Related Emergencies
- Spinal Management—Shallow Water Backboarding
- Branch Specific Topics: Recognizing the New/Non-Swimmers

Date: _____ Time: _____ Branch: _____

In Attendance:

Notes:



LIFEGUARD IN-SERVICE AGENDA: JUNE

- Swim Endurance Skill—250m swim
- Scanning & Alertness—Counting Drills
- Rescue Skill—Active Rescues w/ Submerged Defense & Multi-Victim Rescues
- CPR Skills—Two Person Switch off w/Bag Valve Mask
- First Aid Skills—Sunburn prevention & Treatment
- Spinal Management—NA this month
- Branch Specific Topics—Summer Camp Swim and Inclement Weather Procedures

Date: _____ Time: _____ Branch: _____

In Attendance:

Notes:



LIFEGUARD IN-SERVICE AGENDA: JULY

- Swim Endurance Skill—Brick Work & Treading
- Scanning & Alertness—Silhouette Drop
- Rescue Skill—Board Exits w/ Leg Injury & Ladder Exits w/ Arm Injury
- CPR Skills—CPR w/ Emergency O2
- First Aid Skills—Bleeding in the Pool
- Spinal Management—On Deck Backboarding
- Branch Specific Topics—Member Engagment

Date: _____ Time: _____ Branch: _____

In Attendance:

Notes:



LIFEGUARD IN-SERVICE AGENDA: AUGUST

- Swim Endurance Skill—250m swim
- Scanning & Alertness—Color Ball Drop
- Rescue Skill—Passive Rescues
- CPR Skills—Unresponsive & Not Breathing
- First Aid Skills—Chemical Spill/Poisoning
- Spinal Management—NA this month
- Branch Specific Topics—Vomit/Fecal Matter Contamination & Chemical Management

Date: _____ Time: _____ Branch: _____

In Attendance:

Notes:



LIFEGUARD IN-SERVICE AGENDA: SEPTEMBER

- Swim Endurance Skill—8x25m Sprints
- Scanning & Alertness—Counting Drills
- Rescue Skill—Passive Rescues w/ Inline Stabilization
- CPR Skills—Unresponsive but Breathing
- First Aid Skills—Asthma Care
- Spinal Management—NA this month
- Branch Specific Topics—EAP Review

Date: _____ Time: _____ Branch: _____

In Attendance:

Notes:



LIFEGUARD IN-SERVICE AGENDA: OCTOBER

- Swim Endurance Skill—Team Building Relay
- Scanning & Alertness—Silhouette Drop
- Rescue Skill—Pool Entries w/ Active Victims
- CPR Skills—Unresponsive & Not Breathing
- First Aid Skills—Diabetes & Low Blood Sugar
- Spinal Management—NA this month
- Branch Specific Topics—Swim Teams & Pool Party Management

Date: _____ Time: _____ Branch: _____

In Attendance:

Notes:



LIFEGUARD IN-SERVICE AGENDA: NOVEMBER

- Swim Endurance Skill—100m swim & 2 min. Treading Water
- Scanning & Alertness—Color Ball Drop
- Rescue Skill—Submerged Victims & Submerged Defense
- CPR Skills—CPR w/ Modified Jaw Thrust
- First Aid Skills—Choking w/ Suction Device
- Spinal Management—Backboarding
- Branch Specific Topics

Date: _____ Time: _____ Branch: _____

In Attendance:

Notes:



LIFEGUARD IN-SERVICE AGENDA: DECEMBER

- Swim Endurance Skill—250m Team Relay
- Scanning & Alertness—Counting Drills
- Rescue Skill—Deck & Sauna Management
- CPR Skills—Unresponsive & Not Breathing
- First Aid Skills—Adult/Child/Infant Choking
- Spinal Management—On Deck Backboarding
- Branch Specific Topics—Staff Fitness, 500's, Strength Training, Etc...

Date: _____ Time: _____ Branch: _____

In Attendance:

Notes: