



## **ADVANCED LIFESAVING & OCEAN SAFETY**

### **1 Course Introduction**

Registration/Waivers/Medical Disclosure  
Safety Issues  
Standards of Performance  
Physical Condition Testing

### **2 Lifesaving: The Basics**

Golden Rule of Lifesaving  
Conditioning  
Prevention  
Pfd's: USCG Types and Applications  
Reaching Assists  
Throwing Assists

### **3 Ocean Safety Risk Management Practices**

Screening Participants/Medical Disclosure Information  
Human Factors in Injury Prevention  
What to Do in the Case of an Accident or Injury  
Weather is King  
The Safety Briefing  
Scanning Techniques: 10/20 Rule, 5-Minutes Scan  
RID Factor  
IDR- Instinctive Drowning Response

### **4 Swimming Rescues**

Entries  
Approach Stroke/Quick Reverse  
Tires Swimmer Tows & Assists  
Control Carries  
Self-defense for the Rescuer  
SKILLS TEST: Swimming Rescues, Escapes, Defenses  
Spinal Injury Management

### **5 Beach Orientation**

Recognizing Hazardous Conditions & Practices  
Run/Swim/Paddle Iron Man  
Hazard Analysis- Student Presentations

### **6 Use of the Rescue Buoy**

Types of Bouys and Applications; Rigging Methods  
Entries from Boats  
Approach Stroke  
Tired Swimmer Tow  
Unconscious Person Rescue  
Checking Vital Signs  
SKILLS TEST: Practice Rescues using Rescue Buoy

### **7 Use of the Rescue Surfboard**

Entries & Approaching Victim  
Tired Swimmer Assist  
Unconscious Person Rescue  
Checking Vital Signs  
SKILLS TEST: Practice Rescues using Rescue board

### **8 Simulated Rescue/Competition**

Rescue Board  
Rescue Bouy

### **9 First Aid - CPR - AED**

SECTIONS 1-4: POOL  
SECTION 4-8: BEACH  
SECTION 9: CLASSROOM

TOTAL TIME: 18 - 22 HOURS