



**Kreiz Breizh
Sauvetage Secourisme**



Programme de formation Lifeguard : / week plan for SLsGB Surf lifeguard course :

Location : Camping de la torche, Roz an Tremen, 29120 Plomeur

Planning formations SLsGB Surf Lifeguard 2025

Trainer / Assesor : William Cake

Association : Kreiz Breizh Sauvetage-secourisme

Hours : 45 H +

Week Planning :

Day 1 : 9h00 – 13h00 – 14h30- 19h00

09:00:00	Introductions (about the course, lifeguard programme, legislation, get to know each other...)
	Beach activities and signals
	Rescue board skills and fitness
19.00.0	End of day 1

Day 2 : 9h00 – 13h00 – 14h30- 19h00

09:00:00	Lifeguard skills and knowledge (beach environment, weather, tides, waves, ..)
10:30:00	Break
11:00:00	Lifeguard skills and knowledge (beach environment, weather, tides, waves, ..)
13:00:00	Lunch
14:30:00	First aid : aims of first aid, priorities of treatment, primary survey, choking,
15:30:00	Water based skills: signal and whistle, negotiating the waves, board control
19:00:00	End of day 2

Day 3 : 9h00 – 13h00 – 14h30- 19h00

09:00:00	Beach operating procedures and effective lifeguard services (NOP, health and safety,...)
10:30:00	Break
11:00:00	General lifeguard knowledge: lifeguard equipment (boards, Flags, radios, etc...) Lifeguard techniques: casualty recognition, patrol methods, signs of Drowning, emergency services helicopter,..
12:00:00	Lunch
13:30:00	First aid: unconsciousness, level of response, secondary survey, recovery position , Bleeds
	Water skills : tube rescue, conscious board rescue, signals
16:30:00	First aid : CPR adult , child and infant and Difib
19:00:00	End of day 3

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SIREN : 817 580 277 SIRET (siege) : 817 580 277 00025

Cake.william@yahoo.com 06.95.84.02.44 www.kreizbreizh-sauvetage-secourisme.com



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Day 4 : 9h00 – 13h00 – 14h30- 19h00

09:00:00	Lifeguard techniques
11:00:00	First aid : CPR adult , child and infant and Difib
12:00:00	Lunch
13:30:00	First aid : CPR adult , child and infant and Difib
16:00:00	Water skills : spinal carry, board rescue conscious and unconscious, tube rescue
19:30:00	End of day 4

Day 5 : 9h00 – 13h00 – 14h30- 19h00

09:00:00	Recap first aid : secondary survey, CRP, chocking, spinal, etc...
	First aid : illness (diabetes, epilepsy, etc...) and body temperature
	First aid: head injuries, stroke, illness and breathing problems, First aid : bleeding, burns, shocks, fractures, spinals, log roll,...
	First aid Scenarios
12:00:00	Lunch
13:30:00	Water skills, beach sceanrio's, NOP , EAP
19:00:00	End of day 5

Day 6 : 9h00 – 16h00

09:00:00	First aid assesements and questions about lifeguard, Exam : questions about lifeguard knowledge, first aid skills
	pack away
16:00:00	End of course

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