



**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 annee 2022 - 2023

Trainer / Assesor : William Cake

Association : Kreiz Breizh Sauvetage-secourisme

Hours : 40 H +

## **Week Planning :**

### **Day 1 : 9h00 – 13h00 – 14h30- 19h00**

13:30:00	Introductions (about the course, lifeguard programme, legislation, get to know each other...)
15:00:00	Beach activities and signals
	Rescue board skills and fitness
19:00:00	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, chocking,
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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**Day 4 : 9h00 – 13h00 – 14h30- 19h00**

08:45:00	Timed swims : 400 m swim in under 7m30, at swimming pool (Aquaforme Quimper)
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, spinal, 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 – 12h00 – 13h30- 18h00**

09:00:00	Water skills : board rescues , tube rescues, etc...
11:00:00	Beach Scenarios : all the weeks first aid + water skills
12:00:00	lunch
14:00:00	First aid assesements and questions about lifeguard, Exam : questions about lifeguard knowledge, first aid skills
	pack away
18:00:00	End of course