

		Monday	March 29th	2010
Time allocation	Main theme	Teacher activity	Candidate activity	resources
1 hr 9 am classroom	Intro course admim legislative background	Heath and safety, outline course, issue paper work	Complete paper work	Application forms
1hr 10am classroom	The professional rescuer , pool features	Lecture , Q and A	Listening taking notes	Power point handouts
2 hrs 11am swimming pool	Swimming pool skills, tows and releases	Lecture , demos	Practical session	Ropes, buoys
1 hr 30 mins 2 pm classroom	First aid	Lecture , Q and A, demos	Listening taking notes practical session	Power point, cd, slings bandages
1hr 30 mins 3: 30pm classroom	Resuscitation	Lecture Q and A	Listening	Power point handouts manikins
		Tuesday	March 30th	
30 mins 9am classroom	Check homework	Run thought home	Check answers	manuals
1 hr 9:30 am classroom	Spinal injuries	Lecture Q and A demo	Listening practical session	Power point collars
1 hr 30 mins 10:30am swimming pool	Spinal injuries	Lecturer demo	Practical session	Spinal board collars buoys
30 mins 12:pm swimming pool	Re cap tows releases	Lecture demos	Practical session	pool
1 hr 30 mins 1:30pm classroom	Role of lifeguard	Lecture Q and A	Listening taking notes	Power point handouts manuals
2 hrs 3pm classroom	Dry side spinal	Lecture Q and A demo	Listening taking notes practical session	Manuals collars spinal board
15 mins	Set homework			

		Wednesday	March 31st	
1hr 9am classroom	Pool + pool safety NOP EAP	Lecture Q and A	Listening taking notes	Power point handouts sports centre NOP EAP
1hr 10am classroom	Work though home work	Q and A	Q and A	Manuals
1 hr 11am classroom	Multi question papers	Examiner	Q and A	multi question papers
1 hr 12pm classroom	Re cap resus	Lecture Q and A demo	Practical session	Manikins tick sheets
2 hrs 2pm swimming pool	Spinal board and team	Demo	Practical session	Spinal board collars buoys
1 hr 4pm swimming pool	Emergency scenarios	Set scenarios	Practical session	Hand out
15 mins	Set home work		Read first aid management	Manuals hand outs
		Thursday	April 1st	
30 mins 9am classroom	Quiz	Quiz master	Be competitors	Sta quiz sheet
1 hr 9:30am classroom	Re cap resus	Observing	Get candidates to test each other	Manikins tick sheets
1 hr 10:30am swimming pool	Re cap landing unconscious casualty	Observing demo Q and A	Practical session	n/a
1 hr 11:30am swimming pool	Re cap spinal board and team	Observing demo Q and A	Practical session	Spinal board collar buoys
2 hrs 1:30pm classroom	Mock resus	Examiner	Practical session	Manikins
1 hr 30 mins 3:30pm classroom	Re cap dry spinal			

		Wednesday	April 7th	
1 hr 30 min 9am classroom	Re cap candidates concerns	Any of above	Any of above	Any of above
3 hrs 10:30am	Mock exam all water work	Examiner	Practical session	Spinal board collar buoys
1 hr 2:30pm classroom	Mock exam feedback	Talk though results	Listening	Pre exam paper
1 hr 3:30	Reassure candidates	Chat about concerns	Ask questions	Manuals

Exam April 8th 2010 candidates in at 9:30am exam starts 10 am in swimming pool at 10:30am