

# Surf Rescue Course Outline

Chapter	Topic(s)	Explain the following Content Knowledge	Demonstrate the following Physical Skills
1	Introduction to Surf Lifeguarding	<ul style="list-style-type: none"> <li>Benefit of lifeguard services</li> <li>Costs of drowning incidents</li> </ul>	Not Applicable
2	Tidal Water	<ul style="list-style-type: none"> <li>Types of waves, formation &amp; effects</li> <li>Types of currents, tides &amp; bottom contours</li> <li>Types of hazards</li> </ul>	Not Applicable
3	Emergency Action Plan (EAP)	<ul style="list-style-type: none"> <li>Purpose of an EAP</li> </ul>	Not Applicable
4	Preventative Lifeguarding	<ul style="list-style-type: none"> <li>Proper &amp; effective scanning &amp; surveillance techniques</li> <li>How to recognize victim(s)</li> <li>Features &amp; characteristics that could be hazard(s)</li> <li>Advantages of</li> </ul>	Not Applicable
5	Surf Rescues	<ul style="list-style-type: none"> <li>Advantages &amp; disadvantages of rescue tube &amp; rescue can</li> <li>Advantages &amp; disadvantages of use of rescue board</li> <li>Modes of water entry</li> <li>Approaches to victim</li> <li>Lifeguard's position of protection</li> <li>Assessment for spinal trauma</li> <li>Victim tow techniques</li> <li>Use of swim fins for rescues</li> <li>Lifeguard defense &amp; escapes</li> <li>Deciding between extracting &amp; ventilating</li> <li>Victim extraction from water</li> </ul>	<ul style="list-style-type: none"> <li>Surf Dash &amp; Porpoising</li> <li>Front Crawl &amp; Breaststroke</li> <li>Use of swim fins &amp; mask/snorkel</li> <li>Approaches to victim</li> <li>Lifeguard defenses &amp; escapes</li> <li>Entry &amp; rescue using rescue board</li> <li>Effective in-water ventilations</li> <li>Effective victim extraction</li> </ul>
6	Spinal Trauma	<ul style="list-style-type: none"> <li>Various spinal injury management techniques</li> <li>Use of c-collar</li> <li>Need for local medical direction as it relates to spinal trauma</li> </ul>	<ul style="list-style-type: none"> <li>Proper spinal injury management techniques</li> <li>Proper spinal injury victim extraction</li> <li>Proper spinal injury victim immobilization on backboard</li> </ul>

7	Communication & Protocols	<ul style="list-style-type: none"> <li>• Purpose and functions of communication system</li> <li>• Advantages &amp; disadvantages of all types of communication systems</li> <li>• Organizational signals &amp; procedures</li> <li>• Signals to/from onshore &amp; offshore lifeguards</li> </ul>	<ul style="list-style-type: none"> <li>• Various methods of communication – semaphore, whistle signals, hand signals, radio “calls”</li> </ul>
8	Search & Rescue	<ul style="list-style-type: none"> <li>• Deep and shallow water searches in open tidal water</li> </ul>	<ul style="list-style-type: none"> <li>• Shallow and Deep Water Line Searches</li> </ul>

### FINAL WRITTEN EXAM

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Final Written Exam		45
<b>Total Time (minutes)</b>		45

### FINAL PHYSICAL SKILLS EVALUATION

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Final Evaluation of Physical Skills		120
<b>Total Time (minutes)</b>		120

### IMPORTANT NOTES:

\*This is a specialty add-on to the core pool lifeguard course – all participants in this course must hold a current World Academy of Safety & Health (WASH) pool lifeguard certification (alternatively, the pool lifeguard course can be conducted in conjunction with the surf rescue course).

\*\*ASHI Basic Life Support (BLS)/First Aid can be added for those who require it.