

Staff Training Calendar 2015

	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu							
Jan		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					
Feb					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28					
Mar					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
Apr	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30							
May			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				
Jun					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			
July	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						
Aug				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
Sept						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
Oct		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					
Nov					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			
Dec							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

- Tuesday 14:00 – 15:00 Training for full time staff only
- Tuesday 14:00 – 15:00 Both Training session must be attended in the month
- Tuesday 19:30 – 22:00 2nd Tuesday of the month – See volunteer training table
- Tuesday 19:30 – 22:00 Last Tuesday of the month – See volunteer training table (December is 1st Tuesday)
- No training due to weekends, holidays or maintenance.

January	Date	Time	Key	Training	Trainer	
	6th	14:00 – 15:30				
	13th	14:00 – 15:30		Adult Boot Camp	LP	
	13th & 27th	19:30 – 22:00		Dry Side NOP / EAP Refresher Training 1.0 – 1.1.1 Role of the Lifeguard. Accountability and Overview of Health and Safety as it applies to lifeguards 1.2 Maintaining standards 1.4 – 1.4.1 Uniform, equipment and jewellery 1.5 – 1.5.2 Customer care 3.0 Priorities of First Aid 3.3 Hygiene Procedures and Importance 3.4 Needles and Sharps 3.5 History, Symptoms and Signs 1.0 Priorities of casualty management 1.2 Turning a casualty onto the back 1.3 Managing regurgitation of stomach contents 1.4 Recovery position 1.8 – 1.9 CPR Adult, Child and Infant 3.10 Heart Attack 3.11 Shock	Wet Side 1.1 Putting the Casualty first 1.2 Teamwork 1.3 Identifying an Emergency 1.4 Types of Casualty Swimming Techniques and Strokes 1.5 Lifeguard Entries Proactive and reactive incidents	CH, BW or CP
	20th	14:00 – 15:30		Dry Side NOP / EAP Refresher Training 1.0 – 1.1.1 Role of the Lifeguard. Accountability and Overview of Health and Safety as it applies to lifeguards 1.2 Maintaining standards 1.4 – 1.4.1 Uniform, equipment and jewellery 1.5 – 1.5.2 Customer care 3.0 Priorities of First Aid 3.3 Hygiene Procedures and Importance 3.4 Needles and Sharps 3.5 History, Symptoms and Signs	Wet Side 1.1 Putting the Casualty first 1.2 Teamwork 1.3 Identifying an Emergency 1.4 Types of Casualty Swimming Techniques and Strokes 1.5 Lifeguard Entries	CH, BW or CP
	27th	14:00 – 15:30		Dry Side 1.0 Priorities of casualty management 1.2 Turning a casualty onto the back 1.3 Managing regurgitation of stomach contents 1.4 Recovery position 1.8 – 1.9 CPR Adult, Child and Infant 3.10 Heart Attack 3.11 Shock	Wet Side Proactive and reactive incidents	CH, BW or CP
February	3rd	14:00 – 15:30		Pool Plant		
	10th	14:00 – 15:30		Dry Side NOP / EAP Refresher Training 1.9 Other Policies and Procedures 2.6 Risk Assessment 2.8 Features and Hazards in a Pool Environment	CH, BW or CP	

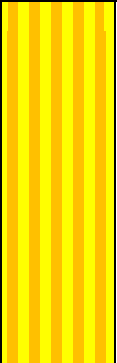


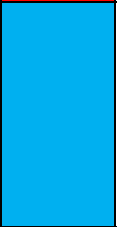

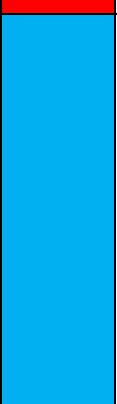
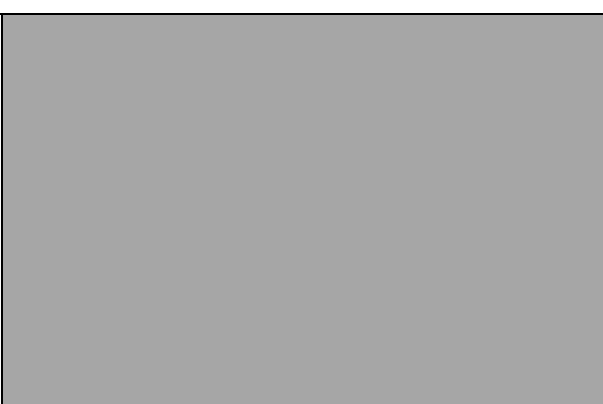
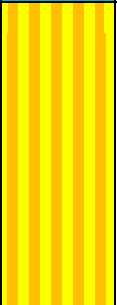
				<ul style="list-style-type: none"> Premises and utilities Task and activities People hazards 1.16 – 1.16.5 Choking 1.6 Cardiac Arrest 1.7 Principles of Airway Management 1.10 – 1.13 More than One Rescuer and CPR 2.0 – 2.8 AED 3.12 – 3.12.3 Breathing Problems 3.13 Dressings and Bandages 3.14 Bleeding 3.15 Burns and Scalds		
	10th & 24th	19:30 – 22:00		Dry Side NOP / EAP Refresher Training 1.9 Other Policies and Procedures 2.6 Risk Assessment 2.8 Features and Hazards in a Pool Environment <ul style="list-style-type: none"> Premises and utilities Task and activities People hazards 1.16 – 1.16.5 Choking 1.6 Cardiac Arrest 1.7 Principles of Airway Management 1.10 – 1.13 More than One Rescuer and CPR 2.0 – 2.8 AED 3.12 – 3.12.3 Breathing Problems 3.13 Dressings and Bandages 3.14 Bleeding 3.15 Burns and Scalds	Wet Side 1.6 Personal Safety during Rescue 1.6.1 Defensive Block with Torpedo Buoy 1.6.2 General Principles of Escape 1.6.3 Separating Multiple Casualties 1.7 Rescue Equipment Fitness, skills and team work	CH, BW or CP
	17th	HALF TERM				
	24th	14:00 – 15:30			Wet Side 1.6 Personal Safety during Rescue 1.6.1 Defensive Block with Torpedo Buoy 1.6.2 General Principles of Escape 1.6.3 Separating Multiple Casualties 1.7 Rescue Equipment Fitness, skills and team work	CH, BW or CP
March	3rd	14:00 – 15:30				
	10th	14:00 – 15:30		Dry Side NOP / EAP refresher Training 2.11 Supervision of Specialist Activities and Equipment 3.1 Early intervention and Accident Prevention Feedback on site specific accidents and near misses	Wet Side 1.12.1 Rescue Breathing in the Water 2.1 Recognising a Potential Spinal Injury 2.2 Principles of Casualty Management 2.4 Rescue Techniques (spinal) Vice Grip turn trawl / head splint into stabilisation and recovery onto Poolside	CH, BW or CP
	10th & 31st	19:30 – 22:00		Dry Side NOP / EAP refresher Training 2.11 Supervision of Specialist Activities and	Wet Side 1.12.1 Rescue Breathing in the Water 2.1 Recognising a Potential Spinal Injury	





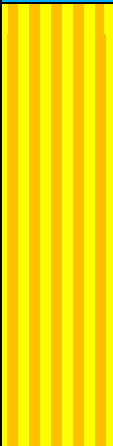



				<p>Equipment</p> <p>3.1 Early intervention and Accident Prevention</p> <p>Feedback on site specific accidents and near misses</p> <p>1.12 Drowning and CPR</p> <p>1.8 – 1.9 CPR Adult, Child and infant</p> <p>1.8 Long Rescuer and CPR (point 5B)</p> <p>3.16 Electric Shock</p> <p>3.17 Fractures</p> <p>3.18 Slings</p> <p>3.19 Dislocation</p>	<p>2.2 Principles of Casualty Management</p> <p>2.4 Rescue Techniques (spinal)</p> <p>Vice Grip turn trawl / head splint into stabilisation and recovery onto Poolside</p> <p>Proactive (early intervention) and reactive incidents</p>		
	17 th	14:00 – 15:30					
	24 th	14:00 – 15:30		<p>Dry Side</p> <p>1.12 Drowning and CPR</p> <p>1.8 – 1.9 CPR Adult, Child and infant</p> <p>1.8 Long Rescuer and CPR (point 5B)</p> <p>3.16 Electric Shock</p> <p>3.17 Fractures</p> <p>3.18 Slings</p> <p>3.19 Dislocation</p>	<p>Wet Side</p> <p>Proactive (early intervention) and reactive incidents</p>	CH, BW or CP	
	31 st	HALF TERM					
April	7 th	HALF TERM					
	14 th	14:00 – 15:30		<p>Dry Side</p> <p>NOP / EAP Refresher Training</p> <p>3.2 10:20 Scanning System</p> <p>3.3 Programmed and Un-programmed Session</p> <p>3.4 – 3.4.3 Lifeguard Zones</p> <p>3.5 Scanning</p> <p>3.20 Sprains and Strains</p> <p>3.21 Cramp</p> <p>3.22 Head injuries</p> <p>3.23 Eye Injuries</p> <p>3.24 Dental Injuries</p> <p>1.16 – 1.16.5 Choking</p> <p>1.10 – 1.13 More than One Rescuer and CPR</p> <p>2.0 – 2.8 AED (where available)</p>		CH, BW or CP	
	14 th & 28 th	19:30 – 22:00		<p>Dry Side</p> <p>NOP / EAP Refresher Training</p> <p>3.2 10:20 Scanning System</p> <p>3.3 Programmed and Un-programmed Session</p> <p>3.4 – 3.4.3 Lifeguard Zones</p> <p>3.5 Scanning</p> <p>3.20 Sprains and Strains</p> <p>3.21 Cramp</p> <p>3.22 Head injuries</p> <p>3.23 Eye Injuries</p> <p>3.24 Dental Injuries</p> <p>1.16 – 1.16.5 Choking</p> <p>1.10 – 1.13 More than One Rescuer and CPR</p> <p>2.0 – 2.8 AED (where available)</p>	<p>Wet Side</p> <p>1.8 Types of Rescue</p> <p>1.8.1 Poolside Based Rescues</p> <p>1.8.2 In-Water Rescues</p> <p>1.8.3 Special Equipment Rescues</p> <p>1.8.4 Contact Tows</p> <p>1.8.5 Support Tows</p> <p>Fitness, skills and team work</p>	CH, BW or CP	

	21 st	14:00 – 15:30				
	28 th	14:00 – 15:30			Wet Side 1.8 Types of Rescue 1.8.1 Poolside Based Rescues 1.8.2 In-Water Rescues 1.8.3 Special Equipment Rescues 1.8.4 Contact Tows 1.8.5 Support Tows Fitness, skills and team work	CH, BW or CP
May	5 th	14:00 – 15:30				
	12 th	14:00 – 15:30		Dry Side NOP / EAP Refresher Training 3.6 Maintaining Concentration 3.7 Lifeguard Numbers and Positions 1.14 Problems with CPR 1.14.1 Tracheotomies 1.14.2 Regurgitation 1.14.3 Air in Stomach 1.14.4 Broken Ribs 1.14.5 Chest Does Not Rise 1.8 - 1.9 CPR Adult, Child and infant	Wet Side 1.9 Rescue Skills 1.9.1 Turning Unconscious Casualty on the Surface of the pool 1.9.2 Recovering Submerged Casualties 1.9.3 Feet First Surface Dive 1.9.4 Head First Surface Dive 1.9.5 Deep Dive and Rescue 1.9.6 Swimming Underwater 1.9.7 Rescuing Multiple Casualties	CH, BW or CP
	12 th & 26 th	19:30 – 22:00		Dry Side NOP / EAP Refresher Training 3.6 Maintaining Concentration 3.7 Lifeguard Numbers and Positions 1.14 Problems with CPR 1.14.1 Tracheotomies 1.14.2 Regurgitation 1.14.3 Air in Stomach 1.14.4 Broken Ribs 1.14.5 Chest Does Not Rise 1.8 - 1.9 CPR Adult, Child and infant 3.25 Fainting 3.26 Stroke 3.27 Poisoning – Drug, Alcohol and Gases 3.28 Insect Bites and Stings 3.29 Diabetes	Wet Side 1.9 Rescue Skills 1.9.1 Turning Unconscious Casualty on the Surface of the pool 1.9.2 Recovering Submerged Casualties 1.9.3 Feet First Surface Dive 1.9.4 Head First Surface Dive 1.9.5 Deep Dive and Rescue 1.9.6 Swimming Underwater 1.9.7 Rescuing Multiple Casualties Proactive (early intervention) and reactive incidents	CH, BW or CP
	19 th	14:00 – 15:30		Dry Side 3.25 Fainting 3.26 Stroke 3.27 Poisoning – Drug, Alcohol and Gases 3.28 Insect Bites and Stings 3.29 Diabetes	Wet Side Proactive (early intervention) and reactive incidents	CH, BW or CP
	26 th	HALF TERM				
June	2 nd	14:00 – 15:30				
	9 th	14:00 – 15:30		Dry Side NOP / EAP Refresher Training 3.8 Visibility	Wet Side 1.10 / 1.10.3 Casualty Recovery and Exits from the water	CH, BW or CP

				<p>3.11 Lifeguard Rotation and High Chair Safety 3.14 Communication on Poolside 3.30 Seizures 3.31 heat and Cold Injuries 3.32 Secondary Survey 3.33 Checking Pulse to monitor Casualty 3.35 after the Accident</p>	<p>1.11 Rescue Pathway 2.4 Rescue Techniques (spinal) Vice Grip turn trawl / head splint into stabilisation and Recovery onto poolside</p>	
	9th & 30th	19:30 – 22:00		<p>Dry Side NOP / EAP Refresher Training 3.8 Visibility 3.11 Lifeguard Rotation and High Chair Safety 3.14 Communication on Poolside 3.30 Seizures 3.31 heat and Cold Injuries 3.32 Secondary Survey 3.33 Checking Pulse to monitor Casualty 3.35 after the Accident 1.17 – 1.17.2 CPR and injury to the spine 1.10 – 1.13 More than One Rescuer and CPR 2.0 – 2.8 AED</p>	<p>Wet Side 1.10 / 1.10.3 Casualty Recovery and Exits from the water 1.11 Rescue Pathway 2.4 Rescue Techniques (spinal) Vice Grip turn trawl / head splint into stabilisation and Recovery onto poolside Fitness, skills and team work</p>	CH, BW or CP
	16th	14:00 – 15:30				
	23rd	14:00 – 15:30				
	30th	14:00 – 15:30		<p>Dry Side 1.17 – 1.17.2 CPR and injury to the spine 1.10 – 1.13 More than One Rescuer and CPR 2.0 – 2.8 AED</p>	<p>Wet Side Fitness, skills and team work</p>	CH, BW or CP
July	7th	14:00 – 15:30		<p>Dry Side NOP / EAP Refresher Training 1.0 – 1.1.1 Role of the Lifeguard. Accountability and Overview of Health and Safety as it applies to lifeguards 1.2 Maintaining standards 1.4 – 1.4.1 Uniform, equipment and jewellery 1.5 – 1.5.2 Customer care 3.0 Priorities of First Aid 3.3 Hygiene Procedures and Importance 3.4 Needles and Sharps 3.5 History, Symptoms and Signs</p>	<p>Wet Side 1.1 Putting the Casualty first 1.2 Teamwork 1.3 Identifying an Emergency 1.4 Types of Casualty Swimming Techniques and Strokes 1.5 Lifeguard Entries</p>	CH, BW or CP
	14th	14:00 – 15:30		<p>Dry Side 1.0 Priorities of casualty management 1.2 Turning a casualty onto the back 1.3 Managing regurgitation of stomach contents 1.4 Recovery position 1.8 – 1.9 CPR Adult, Child and Infant 3.10 Heart Attack 3.11 Shock</p>	<p>Wet Side Proactive and reactive incidents</p>	CH, BW or CP
	14th & 25th	19:30 – 22:00		<p>Dry Side NOP / EAP Refresher Training 1.0 – 1.1.1 Role of the Lifeguard. Accountability and</p>	<p>Wet Side 1.1 Putting the Casualty first 1.2 Teamwork</p>	CH, BW or CP

				<p>Overview of Health and Safety as it applies to lifeguards</p> <p>1.2 Maintaining standards</p> <p>1.4 – 1.4.1 Uniform, equipment and jewellery</p> <p>1.5 – 1.5.2 Customer care</p> <p>3.0 Priorities of First Aid</p> <p>3.3 Hygiene Procedures and Importance</p> <p>3.4 Needles and Sharps</p> <p>3.5 History, Symptoms and Signs</p> <p>1.0 Priorities of casualty management</p> <p>1.2 Turning a casualty onto the back</p> <p>1.3 Managing regurgitation of stomach contents</p> <p>1.4 Recovery position</p> <p>1.8 – 1.9 CPR Adult, Child and Infant</p> <p>3.10 Heart Attack</p> <p>3.11 Shock</p>	<p>1.3 Identifying an Emergency</p> <p>1.4 Types of Casualty</p> <p>Swimming Techniques and Strokes</p> <p>1.5 Lifeguard Entries</p> <p>Proactive and reactive incidents</p>	
	21 st					
	28 th					
August	4 th					
	11 th & 25 th	19:30 – 22:00		<p>Dry Side</p> <p>NOP / EAP Refresher Training</p> <p>1.9 Other Policies and Procedures</p> <p>2.6 Risk Assessment</p> <p>2.8 Features and Hazards in a Pool Environment</p> <ul style="list-style-type: none"> • Premises and utilities • Task and activities • People hazards <p>1.16 – 1.16.5 Choking</p> <p>1.6 Cardiac Arrest</p> <p>1.7 Principles of Airway Management</p> <p>1.10 – 1.13 More than One Rescuer and CPR</p> <p>2.0 – 2.8 AED</p> <p>3.12 – 3.12.3 Breathing Problems</p> <p>3.13 Dressings and Bandages</p> <p>3.14 Bleeding</p> <p>3.15 Burns and Scalds</p>	<p>Wet Side</p> <p>1.6 Personal Safety during Rescue</p> <p>1.6.1 Defensive Block with Torpedo Buoy</p> <p>1.6.2 General Principles of Escape</p> <p>1.6.3 Separating Multiple Casualties</p> <p>1.7 Rescue Equipment</p> <p>Fitness, skills and team work</p>	CH, BW or CP
	18 th					
	25 th					
September	1 st					
	8 th	14:00 – 15:30		<p>Dry Side</p> <p>NOP / EAP refresher Training</p> <p>2.11 Supervision of Specialist Activities and Equipment</p> <p>3.1 Early intervention and Accident Prevention</p> <p>Feedback on site specific accidents and near misses</p>	<p>Wet Side</p> <p>1.12.1 Rescue Breathing in the Water</p> <p>2.1 Recognising a Potential Spinal Injury</p> <p>2.2 Principles of Casualty Management</p> <p>2.4 Rescue Techniques (spinal)</p> <p>Vice Grip turn trawl / head splint into stabilisation and recovery onto Poolside</p>	CH, BW or CP

	8th & 29th	19:30 – 22:00		Dry Side NOP / EAP refresher Training 2.11 Supervision of Specialist Activities and Equipment 3.1 Early intervention and Accident Prevention Feedback on site specific accidents and near misses 1.12 Drowning and CPR 1.8 – 1.9 CPR Adult, Child and infant 1.8 Long Rescuer and CPR (point 5B) 3.16 Electric Shock 3.17 Fractures 3.18 Slings 3.19 Dislocation	Wet Side 1.12.1 Rescue Breathing in the Water 2.1 Recognising a Potential Spinal Injury 2.2 Principles of Casualty Management 2.4 Rescue Techniques (spinal) Vice Grip turn trawl / head splint into stabilisation and recovery onto Poolside Proactive (early intervention) and reactive incidents	CH, BW or CP
	15th	14:00 – 15:30				
	22nd	14:00 – 15:30				
	29th	14:00 – 15:30		Dry Side 1.12 Drowning and CPR 1.8 – 1.9 CPR Adult, Child and infant 1.8 Long Rescuer and CPR (point 5B) 3.16 Electric Shock 3.17 Fractures 3.18 Slings 3.19 Dislocation	Wet Side Proactive (early intervention) and reactive incidents	CH, BW or CP
October	6th	14:00 – 15:30				
	13th	14:00 – 15:30		Dry Side NOP / EAP Refresher Training 3.2 10:20 Scanning System 3.3 Programmed and Un-programmed Session 3.4 – 3.4.3 Lifeguard Zones 3.5 Scanning 3.20 Sprains and Strains 3.21 Cramp 3.22 Head injuries 3.23 Eye Injuries 3.24 Dental Injuries 1.16 – 1.16.5 Choking 1.10 – 1.13 More than One Rescuer and CPR 2.0 – 2.8 AED (where available)		CH, BW or CP
	13th & 27th	19:30 – 22:00		Dry Side NOP / EAP Refresher Training 3.2 10:20 Scanning System 3.3 Programmed and Un-programmed Session 3.4 – 3.4.3 Lifeguard Zones 3.5 Scanning 3.20 Sprains and Strains 3.21 Cramp 3.22 Head injuries 3.23 Eye Injuries 3.24 Dental Injuries	Wet Side 1.8 Types of Rescue 1.8.1 Poolside Based Rescues 1.8.2 In-Water Rescues 1.8.3 Special Equipment Rescues 1.8.4 Contact Tows 1.8.5 Support Tows Fitness, skills and team work	CH, BW or CP

				1.16 – 1.16.5 Choking 1.10 – 1.13 More than One Rescuer and CPR 2.0 – 2.8 AED (where available)			
	20th	14:00 – 15:30			Wet Side 1.8 Types of Rescue 1.8.1 Poolside Based Rescues 1.8.2 In-Water Rescues 1.8.3 Special Equipment Rescues 1.8.4 Contact Tows 1.8.5 Support Tows Fitness, skills and team work	CH, BW or CP	
	27th	HALF TERM					
November	3rd	14:00 – 15:30					
	10th	14:00 – 15:30		Dry Side NOP / EAP Refresher Training 3.6 Maintaining Concentration 3.7 Lifeguard Numbers and Positions 1.14 Problems with CPR 1.14.1 Tracheotomies 1.14.2 Regurgitation 1.14.3 Air in Stomach 1.14.4 Broken Ribs 1.14.5 Chest Does Not Rise 1.8 - 1.9 CPR Adult, Child and infant	Wet Side 1.9 Rescue Skills 1.9.1 Turning Unconscious Casualty on the Surface of the pool 1.9.2 Recovering Submerged Casualties 1.9.3 Feet First Surface Dive 1.9.4 Head First Surface Dive 1.9.5 Deep Dive and Rescue 1.9.6 Swimming Underwater 1.9.7 Rescuing Multiple Casualties	CH, BW or CP	
	10th & 24th	19:30 – 22:00		Dry Side NOP / EAP Refresher Training 3.6 Maintaining Concentration 3.7 Lifeguard Numbers and Positions 1.14 Problems with CPR 1.14.1 Tracheotomies 1.14.2 Regurgitation 1.14.3 Air in Stomach 1.14.4 Broken Ribs 1.14.5 Chest Does Not Rise 1.8 - 1.9 CPR Adult, Child and infant 3.25 Fainting 3.26 Stroke 3.27 Poisoning – Drug, Alcohol and Gases 3.28 Insect Bites and Stings 3.29 Diabetes	Wet Side 1.9 Rescue Skills 1.9.1 Turning Unconscious Casualty on the Surface of the pool 1.9.2 Recovering Submerged Casualties 1.9.3 Feet First Surface Dive 1.9.4 Head First Surface Dive 1.9.5 Deep Dive and Rescue 1.9.6 Swimming Underwater 1.9.7 Rescuing Multiple Casualties Proactive (early intervention) and reactive incidents	CH, BW or CP	
	17th	14:00 – 15:30					
	24th	14:00 – 15:30		Dry Side 3.25 Fainting 3.26 Stroke 3.27 Poisoning – Drug, Alcohol and Gases 3.28 Insect Bites and Stings 3.29 Diabetes	Wet Side Proactive (early intervention) and reactive incidents	CH, BW or CP	
December	1st	14:00 – 15:30		Dry Side	Wet Side	CH, BW or CP	

				NOP / EAP Refresher Training 3.8 Visibility 3.11 Lifeguard Rotation and High Chair Safety 3.14 Communication on Poolside 3.30 Seizures 3.31 heat and Cold Injuries 3.32 Secondary Survey 3.33 Checking Pulse to monitor Casualty 3.35 after the Accident	1.10 / 1.10.3 Casualty Recovery and Exits from the water 1.11 Rescue Pathway 2.4 Rescue Techniques (spinal) Vice Grip turn trawl / head splint into stabilisation and Recovery onto poolside	
	8th	14:00 – 15:30		Dry Side 1.17 – 1.17.2 CPR and injury to the spine 1.10 – 1.13 More than One Rescuer and CPR 2.0 – 2.8 AED	Wet Side Fitness, skills and team work	CH, BW or CP
	1st & 8th	19:30 – 22:00		Dry Side NOP / EAP Refresher Training 3.8 Visibility 3.11 Lifeguard Rotation and High Chair Safety 3.14 Communication on Poolside 3.30 Seizures 3.31 heat and Cold Injuries 3.32 Secondary Survey 3.33 Checking Pulse to monitor Casualty 3.35 after the Accident 1.17 – 1.17.2 CPR and injury to the spine 1.10 – 1.13 More than One Rescuer and CPR 2.0 – 2.8 AED	Wet Side 1.10 / 1.10.3 Casualty Recovery and Exits from the water 1.11 Rescue Pathway 2.4 Rescue Techniques (spinal) Vice Grip turn trawl / head splint into stabilisation and Recovery onto poolside Fitness, skills and team work	CH, BW or CP
	15th					
	22nd					
	29th					