

# Lifesaving Class 2012

For help you can call:

Mike Hollis #(412) 491-0369 or [michael@mhollis.com](mailto:michael@mhollis.com)

[www.bsaswim.com](http://www.bsaswim.com)

Lifesaving book and other materials can be found at: <http://www.lifesaving.bsaswim.com>



Week 1, Jan 8



- 1a First and Second Class requirements
- 1b 400 yard continuous swim
- 2a-e Understanding water rescue

Week 2, Jan 15

- 12a-b Surface dives
- 8 Explain the importance of lead-and-wait
- 10 Block and escape
- Rear and front head-hold escapes
- 9a-c Conscious rescues

Week 3, Jan 22

- 3 Demonstrate “reaching” rescues
- 4 Demonstrate “throwing” rescues
- Review conscious rescues

**Jan 29**  
**Feb 5**



**Super Bowl Sunday No Class**

Week 4, Feb 12

- 11a-c Unconscious rescues
- 15 First Aid

Week 5, Feb 19

- 7a-d Rescue tube rescues
- 6 List and explain no contact swimming rescues
- 15 First Aid

Feb 26

Pool Closed, Added class Mar. 18th

Week 6, Mar 4

- 13a-b CPR
- 7e Remove street clothes in 20 sec.
- 14a-c Spinal injuries



Week 7, Mar 11

- Written test
- In water review

Week 8, Mar 18

- In water test

**Requirement 5 homework on boat rescues**