

Date	Day	Time	BM session	BS session	Swim & Survive session	Instructors	Location
30-Jan-21	Saturday	9am - 10am	3 - Reach to rescue 4 - Throws -unweighted rope 8 - Accompanied rescue 8 - Wade rescue Entries - Compact jump - Slide in - Stride - Fall in - Shall dive Assessment 3 - 4 - 8	Same as BM class Freestyle - Swim 150m Breaststroke - Swim 100m	Freestyle - Swim 150m Breaststroke - Swim 100m Breaststroke - Swim 100m Safe dive entry. Surface dive and recover 2 objects in 1.5m water. Swim underwater 6m.	Tom Ballantyne Lisa Ballantyne Kalani	Bayswater Waves
No lifesaving remainder of Feb due to swim meets							
6-Mar-21	Saturday	9am - 10am	Survival skills - Bring Trousers and Long sleeve shirt 7- Use PFD. Aqua code 7- perform HELP position 9 - Towing - contact -non contact 9- Perform rescue on a weak or injured swimmer is in difficulty in deep water 25 meters from safety Assessment 7 - 9	Survival skills - Bring Trousers and Long sleeve shirt Survival swim 100m wearing long length clothes and shoes (50m freestyle, 50m survival). Float 4min without aid. Safely use lifejacket (t in water, group huddle for 2min, swim 50m). Towing - contact -non contact Contact Tow Rescue person 25m from safety in deep water (Initiative in assessment rescue and after care).	Survival swim 100m wearing long length clothes (50m freestyle, 50m survival). Float 3min with aid. Safely use lifejacket (t in water, out for 2min, swim 50m)	Tom Ballantyne Lisa Ballantyne Kalani	Bayswater Waves
13-Mar-21	Saturday	9am - 10am	10 - Spinal - vice grip 10 - Spinal - extended arm roll over 11- Defensive techniques - Defensive position - a reverse- - a leg block- - a block using an aid Assessment 10 - 11	Types of Swimmers (teach): • Non – swimmer • Weak swimmer • Injured swimmer • Unconscious Escape techniques. Defensive position & reverse- Rescues (teach): • Talk • Reach • Throw • Wade • Row • Swim • Surface dive • Non-contact tow	Backstroke - Swim 100m Sidestroke - Swim 50m Butterfly - Swim 25m Eggbeater kick without arms. Throw & Wade Rescue person 10m from safety. Initiative in assessment and rescue.	Tom Ballantyne Lisa Ballantyne Kalani	Bayswater Waves
20-Mar-21	Saturday	9am - 10am	12- Search & Rescue 12-Search patterns 12-Dives and feet first dives 12 recover object 13 -Recover and resuscitate Recover an unconscious person - rescue breaths -exit water - Continue DRSABCD on dry land-use assisted lift Assessment 12 - 13	Breaststroke - Swim 100m Backstroke - Swim 100m Defensive position and Escape techniques Search patterns (teach) • Closed water • Open water Towing casualty 10m while carrying out rescue breathing	Hazards, Personal Safety & Responding to Emergencies. Survival skills - Bring Trousers and Long sleeve shirt Hazards & Personal Safety – Rivers/Beaches. Removing clothing in water. Waves and Rips. Responding to Emergencies – The four A's, non-swimmer, throw rescue.	Tom Ballantyne Lisa Ballantyne Kalani	Bayswater Waves
27-Mar-21	Saturday	9am - 10am	14- Initiative Rescue two people correct order of rescue Basic first aid -choking - hygiene- Rescue principles A's Accident report forms 1 - theory test Assessment 1 - 14	Sidestroke - Swim 50m Butterfly - Swim 25m Rescue Initiatives (practice): • Awareness • Assess • Action • Aftercare	RICE. CPR compression:breath ratio. Adult and Infant timing. Recovery position, secondary survey and after care.	Tom Ballantyne Lisa Ballantyne Kalani	Bayswater Waves
3-Apr-21	Saturday	9am - 10am	5- Timed Tow (if not done previously) 6- Timed Swim (if not done previously) 2 Primary survey DRSABCD Assessment 2 - 5- 6	Hazards, Personal Safety & Responding to Emergencies. 300m swim if not already completed note: no timed tow Resuscitation (teach): • How to call for help in an emergency • Chain of survival • DRSABCD • CPR • Aftercare	TBA	Tom Ballantyne Lisa Ballantyne Kalani	Bayswater Waves

All sessions at Bayswater Waves are for 60 minutes