

Cadet Name _____

Cadet Program
Anchor Points & Skill Sheets

Instructor Initials	Discussed	Demonstrated	Accomplished
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	Instructor Initials	Discussed	Demonstrated	Accomplished
RESCUE BUOY SKILLS				
Wrap a buoy				
Single victim swimming rescue				
Swim toward victim, maintaining visual contact				
Avoid physical contact with victim				
Multiple (≥ 3) victim swimming rescue				
Defense techniques				
CONDITIONAL HAZARDS				
Oceanography lecture				
Tides				
Swell				
Wind				
TYPES OF RESCUE (W/ MOCK PRACTICE)				
Water entries w/ fins				
Swimming				
Pick-up				
Jetty jumps				
Pier jumps				
Boat drops				
GEOGRAPHIC KNOWLEDGE LECTURE				
All towers				
All still water areas and chairs				
Oil islands				
Downtown Marina & Harbor				
Port				
San Gabriel & Los Angeles Rivers				
Breakwall				
Queens Gate				
Angels Gate				
ABM channel entrance				
CPR/FIRST AID				
Name all types of wounds				
Bleeding control				
Splinting				
C-spine identification & precautions				
Patient vitals				
Pertinent patient information				

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Stingray identification & treatment				
Jellyfish identification & treatment				
CPR: Adult/ Child/ Infant				
One Rescuer				
Two Rescuer				
Obstructed Airway: Adult/ Child/ Infant				
FREEDIVING SKILLS				
Pool: Snorkel clear - blast & displacement				
Pool: Mask clear – partial, full, removal and replace				
Pool: Ear clear				
Pool: Surface dives – pike, tuck, duck				
Pool: Retrieve 10lb brick from depth				
Pool: Line search technique				
Ocean: Snorkel clear - blast & displacement				
Ocean: Mask clear – partial, full, removal and replace				
Ocean: Ear clear				
Ocean: Surface dives – pike, tuck, duck				
Ocean: Retrieve sand from 55 th place buoy				
Ocean: Line search technique				
Dive team lecture				
APPARATUS/UNIT KNOWLEDGE				
Tower pre-op				
Tower post-op				
Truck orientation				
Deliver equipment upon request from a lifeguard truck				
Areas of responsibility for each apparatus (LG1/2/3//6/7/8/10, RB1/2/3/4)				
LONG BEACH FIRE DEPARTMENT				
Marine Safety role within LBFD lecture				
CERT lecture				
Swift water team lecture				
RESCUE BOAT ORIENTATION				
Drive engines				
Pump engine				
Monitor				
Hydrant				
Hoses				
Turnouts				
Tow lines				
Sampson post/norman pin				
Bung bag				

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Medical equipment				
RDU				
Dive gear				
VESSEL RESCUE				
Vessel type identification				
Knots: bowline				
Knots: cleat hitch				
Swimming boat rescue				
Turn bow into oncoming surf				
Advise operator to take keys out of ignition				
Sabot rescue				
Kayak rescue				
Kite boarder rescue				
Wind surfer rescue				
RESCUE BOARD SKILLS				
Paddle techniques: prone, knee				
Rescue skill and technique				
Competition paddle 10'6"				
SPECIALITY SCENARIO				
Line search				
Line up with leader				
Dive to the bottom				
4 strokes forward, surface, 2 strokes back				
Everyone OK? Repeat				
Missing person				
RADIO COMMUNICATION				
Basics: "hey you, its me"				
Radio distribution				
Dispatch orientation				
Confident thinking, speaking, slowly, clearly				
Understanding directional references				
Crossguarding				
PUBLIC RELATIONS				
How to talk to the public lecture				
Always being filmed				
Don't lie				
Communication with supervisor				
INTERVIEW SKILLS				
Preparation: networking, study				

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Punctuality, eye contact, formality				
Resume workshop				
Mock interview				
LIFEGUARD SPORT				
History of lifeguard competition				
Dory orientation				
Distance run				
Distance swim				
Rescue board race				
Rescue race				
Swim relay/Surf teams				
Beach flags				
Run swim run				
Junior ironguard				
U19 only: paddleboard race				
U19 only: Ironguard				
U19 only: surf ski race				
MUTUAL AID				
Local lifeguard agencies				
Coast Guard				
Fish and Game				
Customs and Boarder Protection				
Long Beach Police				
Long Beach Marine Patrol				
PHYSICAL				
20 push ups without stopping				
10 lifeguard jumping jacks				
Pier swim, head down without stopping				
Pier jump with a buoy				
Run to 62nd and back without stopping				
15 buoys in the Buoy-a-thon				
Paddle from 55 th to the jetty and back				
Ben Carlson Day RSR				
The Mega Colossus				
LIFEGUARD SKILLS & HISTORY				
Identify signs of a swimmer in distress				
City ordinances (see cadet manual)				
Junior lifeguard program founders				
Junior lifeguard program origin date				
Basic rule				
Primary rule				

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3 principles of lifeguarding				
Lifeguard museum				
Shadow lifeguard with NCLG				

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