

Topics	Sat 9am-12pm	Sat 1pm 5pm	Sun 9am-12pm	Sun 1pm-5pm	Mon 9am-12pm	Mon 1pm-5pm	Tues 9am-12pm	Tues 1pm-5pm
Screening	x							
Eggbeater	x							
Victim Simulation	x							
Ladder Approach	x							
Rescuer Checklist	x							
a) Hazards	x							
b) Assists	x							
c) Entries	x							
d) Approach	x							
e) Reverse, Ready & Re-assess	x							
f) Talk, Tow or Carry	x							
g) Removals	x							
h) Follow-Up	x							
1. BM Throwing Accuracy		x				x		
4. BM Defences & Releases			x	x			x	x
6. BM Endurance Challenge (500m/15min)	x				x			
13. BM Rescue 1 (no contact)			x	x				
4. First Aid Assessment - Primary & Secondary								
a) BOTH Primary = MOI, LOC, ABCD		x		x				x
b) BC Secondary = Vitals, Head to Toe, History		x		x				x
5./7. BOTH CPR - 1 person								
a) Adult/Child - both		x	x	x			x	
b) Vomiting - both		x		x			x	
c) Adaptations - nose, stoma = BOTH		x		x			x	
d) Infant = BC only		x		x			x	
6. BC CPR - 2 Person								
a) Adult/Child			x	x				
b) Infant			x	x				
14. BM Rescue 2 (5m/sub/non-BR)			x	x			x	
11. BM Spinal Injury Mgmt (shallow/BR)			x	x		x		
7./8. BOTH Obstructed Airway								
a) Conscious - A/C/Preg = both		x				x		
b) Unconscious - A/C = both		x		x			x	
c) Conscious - Infant = BC only		x				x		
d) Unconscious - Infant = BC only		x		x			x	
10. BM Walk, Spot & Demo				x				
3. BM Rescue Drill (20m + submerged)	x			x				

2. BM Self Rescue								
<i>a) Ice</i>			X					
<i>b) Moving water</i>			X					
<i>c) Capsized boat</i>			X					
5. BM Fitness Challenge (6x25m)			X					
9. BOTH Circulatory Emergencies								
<i>a) Shock</i>		X			X			
<i>b) Heart attack/Angina</i>		X			X			
<i>c) External bleeding</i>		X			X			
<i>d) Stroke/TIA</i>		X			X			
Other First Aid								
<i>a) Aspiration</i>				X	X			
<i>b) Asthma</i>				X	X			
<i>c) Anaphylactic shock</i>				X	X			
<i>d) Chest wound (penetrating)</i>				X	X			
<i>e) Flail chest</i>				X	X			
<i>f) Hyperventilation</i>				X	X			
8. BC Hypothermia				X	X			
BC FA - Arm/Leg injury				X	X			
15. BM Rescue 3 (20m/any)				X	X			
1. BC Rescue Drill (50mx2 w/ line then victim)						X		
14. BC Rescue 3 (2 rescuers/50m)				X			X	
9. BC Walk, Spot & Evaluate						X		
3. BC Endurance Challenge (600m/18min)							X	
10. BC Spinal Injury Mgmt (deep to shallow/vomit)					X	X		X
2. BC Fitness Challenge (6x25m) x 2 sets						X		
12. BM Search (deep & shallow - ALONE)			X					
13. BC Rescue 2 (sub/non-BR/any distance)					X	X		X
11. BC Team Search (deep+shallow+rescuer directing)						X		
15. BC Rescue 4 (20m/deteriorating)					X	X	X	X
12. BC Rescue 1 (2 victims/any distance)					X	X	X	X