

Hosted By Your North Fort Myers Community Pool

MONDAY, July 11	TUESDAY, July, 12	WEDNESDAY, July 13	THURSDAY, July 14	FRIDAY, July 15
<p>Daily Activities</p> <p>10:00 Welcome -Introductions & facility tour -Camp policies & waivers -Importance of sunscreen -Team building activities.</p> <p>11:00 <u>PRESENTATION</u> Sgt. Camelo Bari, Lee County Sheriff's Office Sexual Predator Unit. Topic: "Safety from predators"</p> <p>12:30 Lunch</p> <p>1:00 Swim stroke clinic</p> <p>2:00 Proactive surveillance methods -Look for life -The 10/20 protection rule -Zone coverage -3D (top, middle, bottom) -Distress vs. drowning: "If you don't know, go" -Guard rotations -Professional behavior -Guard communications</p> <p>3:00 Basic Water Safety -Layers of protection: rules, signs, design, scanning -PFD's -"Reach or throw, don't go" -Rescue ring buoy toss -Shepherd's crook/Life hook</p> <p>The S.T.A.A.R. rescue model - Compact jump entry - Approach strokes - Escapes & defenses</p>	<p>Daily Activities</p> <p>10:00 <u>PRESENTATION</u> Lee County EMS ambulance visit and demonstration</p> <p>11:30 Basic First Aid -PPE universal precautions -Life threats -Medical (illness) vs. Trauma -Signs & symptoms -Heart attack -Stroke assessment -Control bleeding -Hypoglycemia -Allergic reaction -Heat related emergencies -Burn treatment -New spinal injury protocol</p> <p>12:30 Lunch</p> <p>1:00 Water rescues -Active victim -Unresponsive victim -Removing victim from pool using the backboard</p> <p>2:00 Airway management -Use of CPR mask -On land and in the water "Drowning stops when the first breath goes in"</p> <p>3:00 Are you choking? -Responsive -Unresponsive</p>	<p>Daily Activities</p> <p>10:00 <u>PRESENTATION</u> North Fort Myers Fire Rescue engine company visit. Demonstration of truck, tools, and duties. Junior Firefighter combat challenge.</p> <p>11:00 Introduction to CPR -The chain of survival -Team approach</p> <p>What is emergency oxygen and the AED? -Treats SCA, our #1 killer</p> <p>12:30 Lunch</p> <p>1:00 Pool chemistry: How we keep the water clean and safe to swim in.</p> <p>2:00 Competitive swimming skills -streamlining -turns</p> <p>2:30 Survival swimming -disrobing in the water -using clothing for floatation -S. floating vs. treading water</p> <p>• Please bring a pair of old long pants and a button down shirt to be worn in the pool for this activity.</p>	<p>Daily Activities</p> <p>10:00 Intro to Snorkeling / Skin diving -Equipment use -Hand signals -Snorkel clearing -Equalizing your ears -Safe breath holding -Surface dives -Dangers of shallow water blackout/hypoxia</p> <p>11:30 Lunch</p> <p>12:30 <u>FIELD TRIP</u> We will travel to Scuba Quest of Cape Coral for an introductory SCUBA experience conducted at their indoor pool by NAUI SCUBA professionals. (This is not a formal certification course.)</p> <p>Depart from pool: 12:30pm Return to pool: 3:30pm</p> <p>• You must have a signed release & medical form completed to participate. • Please bring mask, fins, and snorkel if you have them.</p>	<p>Daily Activities</p> <p>10:00 <u>PRESENTATION</u> Learn how to Stand Up Paddleboard. SUP safety skills/ waterman ship with Don Payne, Athletic Coordinator, Lee County Parks & Recreation.</p> <p>11:00 <u>PRESENTATION</u> Learn how to paddle a Kayak. -safety gear -launching -paddle strokes -self rescue</p> <p>12:30 Lunch</p> <p>1:00 Suspected spinal injury Treatment methods</p> <p>2:00 Water games & relays</p> <p>Certificates awarded</p>