

## NL Staff Training Checklist:

*Name:* \_\_\_\_\_ *Date:* \_\_\_\_\_

*Specialty/Role at Camp:* \_\_\_\_\_

The following is a checklist that ALL National Lifeguard-certified staff must complete fully, in order to be considered a guard at Camp Northland. All waterfront staff MUST complete the checklist before the end of pre-camp to work on their specialties. All other NL staff can complete the following training to gain their NL staff bonuses and work as a guard when needed around camp (e.g., Cook-outs, Canoe trips, Overnight programs, All-Day programs, Evening Programs, etc.). This training ensures that all NL staff at Camp Northland understand and consistently know waterfront procedures. This training does not replace an official National Lifeguard and or Standard First Aid and CPR-C qualifications, it is meant to elevate the abilities of Camp Northland waterfront staff and ensure that all waterfront staff are trained to equal abilities.

**SFA Review**

**Stroke Check**

**Rollovers**

**Vigilant Guarding**

**Tows, Carries, and Removals**

**Grid Search Procedure (*water*)**

**Land Drag Procedures (*land*)**

**Red Flag Procedures**

*\*All items must be completed and signed off on by your direct supervisor (if on a waterfront specialty), the Head Specialist (Becca Mori), and the Head of Swim (Samara Lederman).*

*Supervisor:* \_\_\_\_\_

*Date:* \_\_\_\_\_

*Head Specialist:* \_\_\_\_\_

*Date:* \_\_\_\_\_

*Head of Swim:* \_\_\_\_\_

*Date:* \_\_\_\_\_