

TRAINING HOUR SUMMARY

1. Scheduled Training Time (hours)

<u>Subject</u>	<u>Class</u>	<u>Lab</u>	<u>Exam</u>	<u>Total</u>
a. RSS Overview/Course Introduction Weapons Management	3.0			3.0
b. Physical Conditioning	1.0	46.0	8.0	55.0
c. Lifesaving and Parachute	11.5	30.5		42.0
d. Rescue Equipment and Procedures for Use	13.0	38.0	17.0	68.0
e. First Aid and ARC CPR for the Professional Rescuer	11.0	20.0		31.0
TOTAL				199.0

2. Scheduled Administrative Time (Hours) 1.0

3. Total Training Time

a. Weeks	5
b. Days	33
c. Hours	200

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