



American Red Cross Lifeguard Training at Wayside Athletic Club

March 29-31 or April 12-14 or May 10-12, 2019

The American Red Cross Lifeguard Training course will provide participants with the skills and knowledge to be a professional lifeguard, to prevent, recognize, and respond to aquatic emergencies and to provide professional-level care for injuries, sudden illnesses, and breathing and cardiac emergencies until EMS personnel can take over.

This is a Blended Learning Lifeguard Course. Participants must complete online lessons before coming to class and present the instructor with official printed completion document then attend the in-person classes in their entirety.

Participants must be 15 years of age before the final day of the course, pass a set of pre-course skill tests, and be prepared to attend the entire course schedule as stated below. Before the end of the course, participants will take 2 written exams (one during the on-line lessons and one at the end of the in-person sessions) which must be passed with 80% or better scores, and complete a set of in water skills scenarios to be awarded ARC Lifeguard Training certification for 2 years. Registration for and attendance of this course does not guarantee certification.

Prerequisite Skills:

- Swim 300 yards, continuously, using Front Crawl and Breaststroke, demonstrating breath control and rhythmic breathing. No swimming on back or side is allowed. Goggles may be used.
- Tread water for 2 minutes using only legs.
- Timed event: (1 minute 40 seconds) - Starting in the water, swim 20 yards, surface dive to the pool bottom, retrieve a 10 pound object, return to the surface and swim back to the starting point with both hands holding the object and keeping the object and face at the surface. Exit the water with the object without using the ladder or steps. Goggles may NOT be used.

Schedule:

Friday 4:00pm - 9:00PM (includes a 30 minute Dinner break)
Saturday 8:00am - 6:00pm (includes a 1 hour lunch break)
Sunday 9:00am - 6:00pm (includes a 1 hour lunch break)

To register for the on-line eLessons, go to:

<https://www.redcrosslearning.com/course/73031950-15c1-11e7-b4e0-51657ecd06af>

These lessons must be completed BEFORE the first in-person session and the completion report must be printed and turned in to the instructor.

Fees & How to Register: Members: \$375 non-Members: \$425
Registrations are being accepted now at WaysideAthleticClub.com under Aquatics.
Look for Lifeguard Training.