



## **American Red Cross**

### **Basic Lifeguard Training at Wayside Athletic Club**

**February 18-21, 2020 OR April 21-24, 2020**

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.

Potential participants must pass a set of prerequisite skills tests, listed below, on the opening day of class. Participants must be 15 years of age before the final day of the course and be prepared to attend and fully participate in the entire course schedule as stated below.

Before the end of the course, participants will take 2 written exams 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.

No refunds will be issued for failure to pass the prerequisite skills tests, the final written exams, or the finals water skills scenarios.

#### **Prerequisite Skills Tests:**

- \* 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 second allowed). 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:**

Tuesday 8:30am – 6:00pm (includes two 15-minute breaks and a 1 hour lunch break)  
Wednesday 8:30am – 6:00pm (includes two 15-minute breaks and a 1 hour lunch break)  
Thursday 8:30am – 6:00pm (includes two 15-minute breaks and a 1 hour lunch break)  
Friday 8:30am – 2:00pm (includes a 15-minute break and a 45-minute lunch break)  
(total hours of class work = 28.5 hours)

**Fees & How to Register:** Members: \$375 Non-Members: \$425

Registrations are being accepted now at [WaysideAthleticClub.com](http://WaysideAthleticClub.com) under Aquatics. Look for Lifeguard Training.

#### **Other courses to be watching for:**

Lifeguard Blended Learning Format Course coming in April & May