



American Red Cross Basic Lifeguard Training

Monday – Friday, April 19-23, 2021

OR

Friday, Saturday, & Sunday, April 30 & May 1 & 2, 2021

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

This is a Blended Learning Offering in which the student must complete a 7-hour on-line course prior to attending the in-person classes. Students must bring the printed Completion Report to the first day of in-person classes. With out this proof of completion, the student will not be allowed to remain for the course and will not be given a refund.

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

Before the end of the course, participants will take 2 multiple-choice exams (one will be on-line) 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 refund will be issued for failure to complete the online course, to pass the prerequisite skills tests, the final written exams, or the final 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.

See next page for schedule and Registration process.

Schedule:

Monday-Friday April 19-23

Monday 12:00pm – 5:00pm (includes one 15-minute break)
Tuesday 12:00pm – 4:00pm (includes one 15-minute break)
Wednesday 12:00pm - 4:00pm (includes one 15-minute break)
Thursday 12:00pm – 4:00pm (includes one 15-minute break).
Friday 12:00pm – 4:00pm (includes one 15-minute break)
(total hours of class work = 21 hours)

Friday, Saturday, & Sunday April 30 – May 2

Friday, 4/30 3:30pm – 6:00pm
Saturday, 5/1 8:00am – 6:30pm (Includes 2 15-minute breaks and a 1-hour lunch break)
Sunday, 5/2 8:00am – 6:30pm (Includes 2 15-minute breaks and a 1-hour lunch break)
(total hours of class work = 21)

Fees & How to Register: **Members: \$350** **non-Members: \$400**

Registrations are being accepted now at WaysideAthleticClub.com under Aquatics.