



LifeStyles, Bath

American Red Cross Lifeguarding Courses

Pre-requisites on back • NO make-up for missed sessions • Online training due before first class

December Course:	Day(s)	Start Time	End Time	Member Price/Code	Guest Price/Code
December 27 – December 30, 2018	Thursday, Friday	9:00am	3:30pm	\$175 (#385)	\$215 (#386)
*Pre-Test Friday, 12/21 @6:00pm	Saturday, Sunday	10:00am	5:00pm		
Registration Begins 12/1/18					

Lifeguard Training Classes

The American Red Cross Lifeguard Certification course teaches you the essential skills of professional lifeguarding. Through a combination of online learning modules, videos, group discussion and hands-on practice, you'll learn all of the requirements for certification. Upon successful completion of the course, you will be certified in Lifeguarding, First Aid, and CPR/AED for the Professional Rescuer (includes Adult, Child, and Infant CPR/AED). The Lifeguard certification course teaches professionalism, patron and facility surveillance, victim recognition, equipment-based rescues, and caring for head, neck and back injuries.

Program Registration: Don't forget to fill out a program registration form, found at the front desk or in the lobby flyer racks.

****Please see the back of this flier for additional information****

American Red Cross Lifeguarding Course

Blended Learning Format

Once a participant has registered for the course, use the following link to access the on-line training which will need to be completed prior to the first class. <http://redcrosslearning.com/course/73031950-15c1-11e7-b4e0-51657ecd06af>

***Please note:** Participants who are not registered with the American Red Cross (never took a certification course before) will click on “New User” to register. Participants must use their own email address and phone number to register. If the participant does not have an email address, use gmail or yahoo to create a free email before registering. The email and phone number used by the participant will link them with their digital certificates after they become certified, and must be used if the participant decides to take any additional or future certification courses (such as a Lifeguard Review course, Lifeguard Instructor, Water Safety Instructor, etc).

Lifeguard Training Course Details

The Lifeguard Training course is designed for individuals who want to lifeguard in a pool setting. Participants must be at least 15 years old by the last date of the Lifeguard Training course. The Lifeguard Training course includes a swimming pre-test* date, rescue skills for shallow and deep water, spinal injury management skills, CPR and AED skills, First Aid skills and written and in-water skills tests. Participants should be prepared to enter the water at every class. They should be comfortable in deep water and possess the ability to swim comfortably with the face in the water.

***Swimming pre-test:** Swim 300 yards using front crawl, breaststroke, or a combination of both (not timed); swim 20 yards and retrieve a 10 lb. brick at a 7-10 foot depth, return to the starting point with two hands on the brick (swimming with legs only) and exit the pool without using the stairs/ladder within 1 minute and 40 seconds; tread water for 2 minutes using legs only. All participants must be able to pass the pre-test in order to take the course. Goggles may be worn for the 300 yard swim, but not for the brick retrieval portion.

Lifeguard Certificates Issued

Upon successful completion of the Lifeguard training course, participants will be certified in American Red Cross Lifeguarding, First Aid and CPR/AED for the Professional Rescuer. This certificate is valid for 2 years. Before the end of the 2 years, participants may take a “Lifeguard Review” course to become recertified.

Lifeguard Manual

You can download a free PDF version of the American Red Cross Lifeguard manual to study for training and to aid in the online portion of the course. Lifeguard manuals will be provided for use during in-class training, but must be turned in at the end of the class each day. Free Digital Manual: Lifeguard Manual <http://www.redcross.org/take-a-class/lifeguarding/lifeguard-preparation/lifeguard-manual> or students wishing to purchase the manual can visit: <https://www.redcross.org/store/books-and-dvds> to purchase the latest version of the Lifeguarding manual.

What to Bring to Class

Printed or screenshot proof of completion of online blended learning; bathing suit; goggles; towels; comfortable clothes (warm); a pen or pencil and paper for notes; a CPR pocket mask (this is provided with student’s registration & will be handed out during the CPR portion of the course). Students should also bring snacks, drinks, and a lunch if the class is more than 4 hours in length.

*To ensure quality and cost effective programming, the aquatic department reserves the right to combine, add, or cancel classes as necessary.

Questions? Call the Aquatic Office at 330.665.8131