



# American Red Cross Lifeguard Training Course

A Lifeguarding Course is being offered soon! This is a perfect opportunity to become certified to lifeguard year-round or for summer employment.

**Contact The Arena Club today to register and reserve your spot.**

*(Pre-course swim must be passed and will be held on the first day of class or by previous arrangement with Sue. Requirements listed on back.)*

**WHO:** For anyone who will be at least 15 years old by the last day of the course.

**WHEN:** All following dates must be attended.

Sunday, April 13 .....9 am - 5 pm

Thursday, April 17 .....5 pm - 9 pm

Friday, April 18 .....9 am - 5 pm

Saturday, April 19 .....9 am - 5 pm

Monday, April 21 .....10 am (optional/retesting)

**COST:** \$350

*Registration deadline is April 9, 2014*

Class is limited to 10 students.

Name \_\_\_\_\_ DOB: \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (Day) \_\_\_\_\_ Phone (Evening) \_\_\_\_\_

E-mail \_\_\_\_\_

Non-Member \_\_\_\_\_ Member \_\_\_\_\_

I accept full responsibility for my use of any and all apparatus, appliance, facility privilege or service whatsoever owned and operated by this Club at my own risk and shall hold this Club, its shareholders, directors, officers, employees, representatives and agents harmless from any and all loss, claim, injury, damage, or liability sustained or incurred by me resulting therefrom.

Signature \_\_\_\_\_ Date \_\_\_\_\_

For more information please contact Sue Walls at [suewalls1@gmail.com](mailto:suewalls1@gmail.com)



# **American Red Cross Lifeguard Training Course**

This American Red Cross Lifeguarding Training course is ideal for anyone who wants to work at pools and/or non-surf, open-water environments such as lakes and rivers. The course teaches CPR/AED for the professional rescuer, first aid, professionalism, patron and facility surveillance, rescue techniques, emergency preparedness and more.

## **PREREQUISITES:**

Minimum age of 15 by the last day of the class (proof required) and pass pre-course swim tests.

## **PRE-COURSE SWIM TESTS:**

1. Be able to swim 300 yards continuously using front crawl and breast stroke using rhythmic breathing.
2. Starting in the shallow water, swim 20 yards using front crawl or breaststroke, surface dive to depth of 7-10 feet, retrieve a 10-pound weight, return to the surface, with weight held with both hands on chest or abdomen, swim 20 yards back to starting point, place weight on deck, exit the water without using a ladder or steps/touching bottom, within 1 minute 40 seconds.
3. Tread water for 2 minutes, using legs only with hands under armpits.

## **LEARNING OBJECTIVES:**

- Understand value of behaving in professional manner
- Learn how to identify behaviors of a swimmer, distressed swimmer and active drowning victim
- Understand components of emergency action plans and how to activate them
- Understand the general procedures for an emergency occurring on land or in water
- Demonstrate how to perform equipment-based water rescues
- Learn how to provide first aid and how to care for breathing and cardiac emergencies
- Learn how to recognize and care for possible head, neck and back injuries

## **CERTIFICATION REQUIREMENTS:**

- Attend all class sessions
- Demonstrate competency in all required skills and activities
- Demonstrate competency in the three final skill scenarios
- Correctly answer at least 80% of the questions in the three sections of the final written exam

**Prior to and throughout class, participants need to access the lifeguard manual at <http://www.editiondigital.net/publication/?i=95090> for course reference.**

**Review CPR at no cost at the following Red Cross website:  
<http://redcrossrefresher.com/q/cpraed-professional-rescuers-and-health-care-provi/choices/>**

Contact course instructor Sue Walls with any questions or for a private pre-course screening opportunity to have strokes evaluated and to practice the brick test.

**443-528-6425 or [suewalls1@gmail.com](mailto:suewalls1@gmail.com)**