



## Welcome to American Red Cross Lifeguard Training

### Purpose

To teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies to prevent drowning and injuries.

### Pre-requisites

Minimum age of 15 by the last day of course

Swim 300 meters continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.

Tread water for 2 minutes using only the legs.

Complete the following timed event within 1 minute, 40 seconds.

Starting in the water, swim 20 yards.

Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.

Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface of the water.

Exit the water without using a ladder or steps.

### Learning Objectives

Understand the value of behaving in a professional manner

Learn how to identify behaviors of a swimmer, distressed swimmer and an active or passive drowning victim.

Understand the components of an emergency action plan and how to activate it.

Understand the general procedures for an emergency occurring in the water or on land.

Demonstrate how to perform equipment-based rescues.

Learn how to provide first aid and how to care for sudden illnesses.

Learn how to prevent, recognize and care for breathing and cardiac emergencies.

Learn how to recognize and care for possible head, neck or back injuries.

### Certification Requirements

Attend and participate in all class sessions. **(Including the completion of all online components as scheduled on the course syllabus)**

Demonstrate competency in all required skills and activities.

Demonstrate competency in all required final rescue skill scenarios.

Correctly answer at least 80 percent of the questions in each of the two sections of the final written exam.

### Notes

The pre-requisite skills session takes **prior to the first day of class**. **There are NO refunds of the deposit for candidates who do not successfully pass the pre-requisite skills session.**

**Attendance to all class sessions is mandatory.** Students more than 15 minutes late to any class session will not be admitted into class. Participants must successfully complete all class components in order to successfully gain certification. **All online components must be completed on time as specified by the instructor** in order to successfully gain certification.

**Final skill scenarios** are given to test each participant's ability to effectively make decisions in emergency care and water rescues. Candidates are given only **two** opportunities to successfully complete the scenarios during the course. Failure to successfully complete the final skill scenarios will result in a failure of the course. **There are no refunds for participants who do not successfully complete the class components or final skill scenarios.**



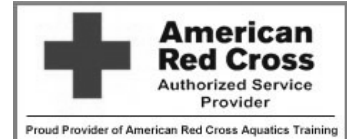
## Lifeguarding Participant Checklist

### Bring to the Pre-Course Session:

- Proof of Age- Birth certificate, passport, or US Driver's License
- Course Participant Acknowledgement form with signature- See Attached

### Bring to All Class Sessions:

- Lifeguard Training Participant manual (will be received on the first day of class)
- Progress report from online session showing completion on the assigned chapter/lesson.
- 2-3 beach towels
- Swim suit—ladies, 1-piece racing or athletic suits (*No two-piece bathing suits permitted*); gentlemen, board shorts or swim trunks (*No Speedos permitted*)
- Optional: Deck-wear, swim shirt or shorts for between in-water activities
- Comfortable Clothing
- Notebook
- Writing Utensils- Pens, Pencils or highlighters
- 2-3 small snacks
- 2-3 beverages
- Lunch or dinner meal *for all day sessions (over 4 hours long)*



## Lifeguarding Course Participant Agreement

This form must be submitted to the instructor at the conclusion of the pre-course session. Incomplete forms will not be accepted. App approved forms will be kept on file until the end of this course

PARTICIPANT INFORMATION				
First Name	M.I.	Last Name		
Address		City	State	Zip
E-mail Address			Age	Gender
Cell Phone #		Home Phone #		
Emergency Contact Name			Relationship	
Emergency Contact Cell Phone #		Home Phone #		
PARTICIPANT ACKNOWLEDGEMENT				

I, \_\_\_\_\_, hereby acknowledge that I am aware of these pre-requisites, expectations and guidelines for the Lifeguarding course for which I have registered.

I acknowledge that:

- No refunds will be made should I not successfully complete the course for any reason.
- The pre-requisite skills session takes place prior to the first day of the course.
- Full participation during this course is essential. I must be able to swim, bend, stoop, sit, stand, run, reach and other physical activities.
- During the training I will be asked to participate in learning activities to practice life-saving skills and rescues, and that during these activities I may be unintentionally bumped, kicked or elbowed, etc.
- I may be asked to complete tasks or activities which are not limited to: homework and self-study, in-class activities, in-water skills practice and written and practical exams to successfully pass this training.
- All participants will be learning lifesaving skills, and wearing appropriate swimming attire is very important. I will be immediately dismissed from the course for inappropriate attire.
- Class sessions must start and end on time to ensure all lessons are completed within the scheduled course time. I must be ready to participate in class activities by the start time and have transportation from the facility at the end time for each class session. I will bring in/complete all required assignments so I am prepared for all in-class activities

PARTICIPANT SIGNATURE		
Participant Signature		Date
Parent/Guardian Signature (if participant is a minor)	Parent/Guardian Name	Date