



Lifeguard Training



*The Big Rivers Chapter of the American Red Cross and the Owensboro Family YMCA ...
Working together to train Lifeguard Professionals.*

American Red Cross Lifeguard Class

Course Prerequisites & Objectives

To be eligible for the lifeguard-training course the candidate must meet prerequisites and achieve learning objectives outlined below:

Prerequisites

- ❖ Minimum age of 15 on or before final session.
- ❖ Swim 300 yards continuously.
- ❖ Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7–10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

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 breathing and cardiac emergencies.
- ❖ Learn how to recognize and care for possible head, neck or back injuries.
- ❖ Complete 2 Skill Scenarios Written Exams and Exhibit "Professional" Attitude

Training required for certification:

- ❖ Instructor Led training—Classroom & Water Skills
- ❖ CPR/AED/First Aid for Lifeguards—Online course with Instructor led Skills Session.

March 2010 Lifeguard Class Schedule

1. Register for Instructor Led Course:

Classroom/Water & CPR/AED First Aid skills sessions:
To be held @ Owensboro YMCA

Times: 6:00 p.m. – 10:00 p.m.

March 29, 30, 31 & April 5, 6, & 7 2010 (all dates)

*******Registration ends on March 20th*******

Attendance and participation at all (6) course sessions required for certification.

To register for Instructor Led Course & Skills Sessions, call Jamie Crowe @ 926-9622 ext. 8209.

Fee: Owensboro YMCA Members: \$170.00

Non-Members: \$230.00

(All Candidates must also complete #2 below)

2. Register & complete CPR/AED with Basic First Aid for Lifeguards. **REQUIRED** for certification.

Register online at: www.bigriversredcross.org.

Fee: \$85 – pay via Credit Card upon registration.

Complete online course prior to 4th session. Print course completion verification sheet and turn in to instructor.

CPR/AED skills session will be administered during second week of traditional classroom sessions.

Call Elaine @ 683-2438 for registration assistance.

Upon successful completion of CPR/AED/FIRST AID, Instructor Led course and written exam, candidates will receive Lifeguard Certification for facilities with traditional pools.

*** Minimum Enrollment: 5 participants ***

*** Maximum Enrollment: 10 participants ***

Pre-Registration and Pre-Payment are REQUIRED for ALL classes.

Register today and Assure Your Place by the Pool this Summer!