



# Lifeguard Training

*The Big Rivers Chapter of the American Red Cross and the Healthpark ...  
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.

## April 2010 Lifeguard Class Schedule

### 1. Register for Instructor Led Course:

Classroom/Water & CPR/AED First Aid skills sessions:

To be held @ the OMHS Healthpark

**Times:** 5- 9 pm except Sat. Sat. is 8-5.

April 22, 23, 24, 26, 27 2010

Attendance and participation at all (5) course sessions required for certification.

To register for Instructor Led Course & Skills Sessions, - call **Jan Ward @ 688-4774.**

**Fee:** Healthpark 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](http://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!**