

What you need to know for Lifeguard Training Class

This class is a series of lectures, videos, and skill practice. Each time should come prepared with swim suit and book. The class will cover every topic you need to know to become certified in Lifeguarding, CPR for the Professional Rescuer, AED, and First Aid. **YOU MUST COMPLETE YOUR ONLINE PORTION OF THE CLASS IN ORDER TO PARTICIPATE IN CLASS SKILLS SESSIONS AND FINAL EXAM.** The Red Cross portal monitors blended learning coursework. Participants' progress is tracked upon completion of each curriculum requirement. **If you do not watch your required videos or complete online objectives, you will not be able to continue with the class.**

Pre-Requisite Swimming Test

- To become a candidate for Lifeguarding, each participant must successfully pass a pre-requisite swimming test and must be at least 15 years of age. The pre-requisite swimming test consists of a 300 yard swim using the two approach strokes – freestyle (front crawl) and breast stroke. Participants must complete the entire swim without stopping. Goggles may be used for this part of the test.
- The second part of the pre-requisite test is a 2-minute tread test. Participants must tread water for 2 minutes using only their legs.
- The final part of the pre-requisite test is a timed 10 lb. brick tow. Each participant must swim out 20 yards using either approach stroke, dive down 7-10 feet and retrieve the 10 lb. brick, surface, tow the brick back 20 yards, and exit the pool without assistance. During this tow, your head must stay above water. Also, this entire event must be completed in 1 minute and 40 seconds.

*Participants must complete all three parts of the pre-requisite swimming test to continue with the lifeguard class.

*Payment of class fee is due after successful completion of the prerequisite swim test. Payment of class fee is non-refundable.

Classes

**You must attend EVERY class session in order to pass the class and gain certification.

**You must complete ALL online requirements in order to test, pass the class, and gain certification.

We are going to be covering a lot of information in very little time. Here are some tips to help you maximize your class time learning:

- Be on time for class. Class will start promptly according to schedule. If you are late, you will miss valuable information needed to successfully pass your tests.
- All materials and equipment will be provided for class. Texts must be returned to receive certifications.
- Always be prepared with your book and something to use for taking notes.

- Please read the assigned chapters before you come to class. This will help you to be prepared for the material.
- Take notes during online trainings and objectives. This will prepare you for in-class skill sessions, as well as final exam.
- Review questions are not mandatory, but will help you to prepare for the test.
- Always bring your swimsuit.
- Goggles cannot be used during the final skills test.
- Each class period, lifeguard candidates will “check-off” on a series of different skills ranging from removing gloves to deep water spinal backboarding. If a candidate has successfully completed all the skills on the checklist, he/she is eligible to take the final exam. The final exam consists of three main parts.

Final Exam

- The first part is a written test. You must pass each section with a score of 80%. If you do not pass a section of the test, you may retake it once at a later date. Only one retake (per section) is permitted.
- The second part of the final exam is a water test. Each participant must successfully complete three different rescues in the water. Participants must pass this part of the test by meeting the required objective.
- The last part of the final exam is a CPR and AED skills test, which will be combined with one of the water rescues. Participants must complete a round of scenarios on a manikin involving Unconscious Airway Obstruction, Rescue Breathing, and CPR for Adults, Children, and Infants and AED. Participants must pass this part of the exam with a grade of 100%.

****Participants must pass all three parts of the exam in order to receive your certifications. If, for some reason, you do not pass the final exam, you may re-take the test again. The American Red Cross permits one retake of the test. If a passing score is not obtained after the retake, the entire class must be repeated. This is why it’s incredibly important for you to retain your online information and pay attention in class.**

Lifeguarding can be a very rewarding experience. Participants who are successful in the class are able to demonstrate skill and ability, as well as an elevated level of responsibility and awareness. Not only will you learn how to respond to emergencies, you will learn to be a water safety advocate. With a Red Cross Lifeguarding certification, you can join thousands of others who are committed to providing safety in aquatic environments.

For questions or further information, please contact mandiemorris@hotmail.com