

READ ME ENTIRELY:

The YMCA and American Red Cross (ARC) Lifeguard Training courses are taught in a blended learning format includes approximately 7 hours to complete online training (**all modules must be completed prior to the second day of class**) and 20+ hours of in-person training.

Each Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services personnel take over. The program includes training for Lifeguards in controlled water (pool) environments and includes certifications in **Lifeguard Training, CPR Professional for Lifeguards, First Aid for Lifeguards and Emergency Oxygen.**

To enroll in a Lifeguarding Course, you must be at least:

- ARC Courses: 15 years old before the last scheduled class
- YMCA Courses: 16 years old before the last scheduled class
- All participants under 18 must have parental permission.

To successfully complete the course, you must

- attend the entire course
- participate in all skill sessions/drills, activities and scenarios
- Demonstrate competency in all required skills and scenarios
- Pass the final written exams with a minimum grade of 80 percent.

The practice sessions will require some strenuous physical activity. You are encouraged to check with your health care professional before participating in the practice sessions. If you have a medical condition or disability that might prevent you from participating in the activities, or have questions about being able to fully participate in the Lifeguarding course, please contact me to discuss this before the course begins.

To participate, students must be able to pass the following pre-requisites:

1. ARC LIFEGUARDING COURSE INCLUDE:

- a. 300 yard continuous swim
- b. Brick Test – simulated rescue
- c. Tread water for 2 minutes without using hands

2. ARC SHALLOW WATER LIFEGUARDING COURSE INCLUDE:

- a. 100 yard continuous swim
- b. Brick Test – simulated rescue
- c. Tread water for 2 minutes without using hands

3. YMCA Lifeguarding Course:

- a. 100 yard continuous swim
- b. Tread water for 2 minutes without using hands
- c. Swim 50 yards of each (rescue strokes)
 - i. Front crawl with head up
 - ii. Sidestroke
 - iii. Breaststroke
 - iv. Breaststroke with head up
 - v. Elementary backstroke kick with hands on the chest
- d. Swim Underwater for 15 ft.
- e. Simulated rescue

FORMS REQUIRED TO COMPLETE PRIOR TO THE FIRST DAY OF TRAINING:

<https://form.jotform.com/220343940393049>

What to bring to class:

1. Swim Suit –one piece recommended for training purposes (most organizations require a red suit)
2. Towels
3. Fox 40 whistle
4. Encouraged to bring your own fanny pack and mask
5. E-learning certificates
6. Packed lunch, water, & snacks
7. Sunscreen (if training outside; May–October classes)