

# SUPER HEROES WANTED



## LIFEGUARD STRONG TRAINING

This American Red Cross Lifeguard Blended Learning course combines online learning with on-site skills sessions where you will practice skills and demonstrate competency in preparation for the challenge of being a Lifeguard. Once you have passed all the Pre-course requirements to participate in the class you will need to complete your online training at least one day prior to each on-site skills session. Instructions for registering to access the online portion will be given at the Pre-course session, which will be held at the Shaw Aquatic Center on **Tuesday, May 21, 2024 at 4:00 pm**. **There will be free access to the pool on Monday, May 20<sup>th</sup> from 4:00-5:00pm** to practice and receive coaching on the Pre-course evaluation skills.

### PREREQUISITES:

Pass swim evaluation and be at least 15 years of age by the last day of class (verify age upon registering) \*

**SWIM PREREQUISITE: \*MUST call 748-0271 to register for the required swim test by NOON, May 20. Those registrants will be secured placement in the class upon passing the swim evaluation.**

### MATERIALS & FEES:

Course fee: \$100.00 (Completion of course does not guarantee a position of employment)

Class includes: CPR mask and practice whistle..

Successful completion of this class earns a Lifeguard Certification, CPR/AED for the Professional Rescuer and First Aid.

### NOTICE:

This class does require physical exertion and it is advised that participants get a physician's clearance prior to class. Please advise the instructor about any physical or medical concerns that may impact participation in this class. This class is intense with long days and **attendance at all classes is required per Red Cross policy**. There will be no make-ups and lack of any attendance will result in dismissal from the course with no refunds possible.

### INSTRUCTORS:

Paul Avery, Seasonal Pool Manager and Tim Webb will be leading the class and both are Red Cross Certified with each having over 25 years' experience. Seasoned lifeguards from the Shaw Aquatic Center will also be assisting in the class.

## SWIM PREREQUISITE:

1. Swim-tread-swim sequence w/o stopping to rest:
  - \* Jump into water and totally submerge, resurface then swim 150 yards using the front crawl, breaststroke or a combination of both (swimming on back or side is not permitted and goggles are allowed)
  - \* Maintain position at the surface of the water for 2 minutes treading water using only the legs.
  - \* Swim 50 yards using the front crawl, breaststroke or a combination of both
2. Complete a timed event within 1 minute, 40 seconds:
  - \* Starting in the water, swim 20 yards (face in or out of the water and goggles are not allowed)
  - \* Surface dive (feet -first or head -first) to a depth of 7-10 feet, retrieve a 10-pound object
  - \* Return to the surface and swim 20 yards on the back to the starting point, holding the object at the surface w/both hands, keeping face out at or near or near the surface (not totally submerged)
  - \* Exit the water w/o using a ladder (setting object on the deck and standing behind it)

**BRICK PRACTICE ENCOURAGED PRIOR TO THE EVALUATION!**

**REGISTRATION:** This will be done on-site directly after passing the Swim Prerequisite at the Shaw Aquatic Center and the course fee is due at that time in order to receive the required materials.

## 2024 CLASS SCHEDULE

**Tuesday, May 21: 4:00-5:00pm Pre-Course Swim Test.** Assignment for May 31: Read Chapters 1-4, 6 Complete eLearning modules 1,2,3.

**Friday, May 31: 4:00-8:00pm (Lesson 1,2,3).** Assignment for June 1: Read Chapters 5,6; Complete eLearning module 4,5,6.

**Saturday, June 1: 8:00am-3:00pm (Lesson 4,5,6)** Assignment for June 2: Read Chapters 7,8; Complete eLearning module 7,8,9. Complete CPR/AED for the Professional Rescuer and First Aid eLearning exam and bring eLearning completion certificate to class on June 4. Successful completion of this exam is the admittance ticket to the final course day. American Red Cross requires this certificate to become a Lifeguard and to take the final written test. **BRING A LUNCH.**

**Sunday, June 2: 8:30am-3:30pm (Lesson 7,8,9)** Final written exam (must be passed to take the in-water exam) and in-water exam will be included on this day. **BRING A LUNCH.**