

# LIFEGUARD TRAINING COURSE

## PREREQUISITES:

1. Must be 15 years old on or before your final scheduled class date.
2. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
3. Tread water for 2 minutes using only the legs.
4. Complete a timed event within 1 minute, 40 seconds.
  - a) Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
  - b) Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
  - c) Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. Exit the water without using a ladder or steps.

## Certification Requirements

- Register online and complete all modules **BEFORE** the course start date. There is a \$35.00 fee paid to the Red Cross at time of registration. You will be e-mailed instructions after you sign up for the class.
- Attend and participate in all class sessions.
- Demonstrate competency in all required skills and activities.
- Demonstrate competency in all required final rescue skill scenarios.
- Pass both the Section 1—CPR/AED for the Professional Rescuer and First Aid and Section 2—Lifeguarding Skills final written exams with minimum grades of 80 percent.

## Certificate Issued and Validity Period

- American Red Cross certificate for Lifeguarding/First Aid/CPR/AED: 2 years

*Upon successful completion, cards will be e-mailed to you from the Red Cross using the e-mail you registered with the Red Cross at time of online registration.*

**Cost of Course: \$225** (Includes book, pocket mask and 1<sup>st</sup> aid kit)

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## LifeGuard Class Registration Form

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Check # \_\_\_\_\_

Address: \_\_\_\_\_

Phone # \_\_\_\_\_ E-Mail: \_\_\_\_\_

Desired Class Date: \_\_\_\_\_

I understand there are no refunds:  
(initial in box)

*\* If you can't complete prerequisites or do not make all class times, it will result as a fail and you will lose all course fees.*