

Dear Lifeguarding Course Participant,

Thank you for enrolling in the American Red Cross Lifeguarding course. The time and place of the initial meeting is listed below, a class syllabus with the remainder of the dates and times will be distributed upon completion of the pre-requisite swim.

Date(s): Monday, February 20, 2017 Time(s): 0900 – 1000

Place: Pax River Drill Hall Pool

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The purpose of the American Red Cross Lifeguarding course is to teach candidates the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries. Attached you will find a list of skills that will be covered in this course.

Successful completion requires participation in skills practice. 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 a medical condition or disability exists that might prevent participation in the activities, or there are questions about fully participating in the Lifeguarding course, please contact me to discuss this before the course begins.

**To enroll in the Lifeguarding course, you must be at least 15 years of age before the last scheduled class session. To participate in the Lifeguarding course, you must be able to demonstrate the following skills:**

- Swim 300 yards continuously, using these strokes in the following order:
  - ◆ 100 yards of front crawl using rhythmic breathing with your face in the water and a stabilizing, propellant kick. *Rhythmic breathing can be performed either by breathing to the side or to the front.*
  - ◆ 100 yards of breaststroke using a pull, breathe, kick and glide sequence.
  - ◆ 100 yards of either the front crawl or breaststroke. *The 100 yards may be a combination of front crawl and breaststroke.*
- 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 both hands on the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

The skills evaluation will occur on the first day of the course. Please bring a swimsuit and towel for the skills evaluation and for every class.

Upon successful completion of the Lifeguarding course, each participant will receive an *American Red Cross Universal Certificate* indicating Lifeguarding/First Aid, which is valid for 2 years, and an *American Red Cross Universal Certificate* indicating CPR/AED for the Professional Rescuer, which is valid for 2 years.

**THERE WILL BE NO OPTION FOR RE-EVALUATION OF SKILLS.**

In this course, you will learn about the duties and responsibilities of a lifeguard and how to carry them out in a professional manner. You will also learn a number of life guarding techniques, such as surveillance; how to use rescue equipment to help rescue a distressed swimmer, active drowning victim, and passive drowning victim; and how to care for someone who may have a head, neck or back injury.

To be good American Red Cross Lifeguards, candidates must become completely familiar with the American Red Cross Lifeguard Training manual which will be presented in class.

Candidates, who attend the entire class, successfully complete the final skills scenarios and final written exam with a score of 80% or better (12 correct out of 15 multiple choice questions in each of four sections) will receive an American Red Cross Lifeguard Training and First Aid certificate.

This certificate is valid for 2 years. Along with the Lifeguard Training certificate, participants will receive a certificate in CPR/AED for the Professional Rescuer, which is valid for 2 years..

**THERE WILL BE NO OPTION TO REPEAT SKILL SCENARIOS OR THE FINAL WRITTEN TEST.**

**MWR will not issue refunds for any reason.**

Monday February 20	0900 - 1000- 1830 pre-req swim
Monday February 20	1000 - 1700
Tuesday, February 21	1530 - 2030
Wednesday, February 22	1530 - 2030
Thursday, February 23	1530 - 2030
Friday, February 24	1530 - 2030