

Lifeguard Blended Learning Training Course

Prerequisites:

1. Must be 15 years old on or before the final scheduled session of this course.
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 are allowed.
3. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
4. Complete a timed event within 1 minute, 40 seconds.
- Starting in the water, swim 20 yards. Swim goggles are not allowed. Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards to return to the starting point with both hands holding the object and keeping the face at or near the surface for breathing. Candidates should not swim the distance under water. Exit the water without using a ladder or steps.

Purpose:

The purpose of the American Red Cross 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 (EMS) personnel take over. This class is offered both online and with instructor-led skill sessions.

Certification Requirements:

Attend all class sessions, successfully perform all required skills, successfully complete three final skill scenarios; and pass the written exam with a minimum grade of 80 percent or better on each section.

Certification Validity:

Certification Validity- Lifeguard Training/First Aid/CPR/AED -2 year.

Important Notes:

- You will receive an email with the online session link once the class is available.
- You must complete the online portion of the class prior to the first day of the course.
- Please bring your certificate of achievement with you to the first day of the course to be guaranteed a spot in the course.

Cost:

\$35.00 to American Red Cross for online training and certificate

M+ \$165.00

M \$190.00

NM \$215.00