

Dear Lifeguarding Course Participant:

Thank you for enrolling in the American Red Cross Lifeguarding Course.

The purpose of the American Red Cross Lifeguarding course is to provide participants with the knowledge and skills needed to:

- Prevent, recognize, and respond to aquatic emergencies in both shallow and deep water.
- Provide professional-level care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services (EMS) professionals take over.

To enroll in the Lifeguarding course, you must be at least 15 years old before the last scheduled class session. To participate in the course, you must be able to pass a prerequisite swimming skills evaluation, which includes two parts and takes place during the first in-person session.

- **Prerequisite 1:** Jump in, submerge, resurface and swim 150 yards continuously, tread water for 2 minutes, and then swim 50 more yards. While swimming, you must keep your face in the water and demonstrate good breath control. You may swim using the front crawl, breaststroke, or a combination of both. Swimming on the back or side is not permitted. Swim goggles are allowed. When treading, you must use only your legs.
- **Prerequisite 2:** Complete a timed event within 1 minute, 40 seconds. Starting in the water, swim 20 yards. Your face may be in or out of the water. Swim goggles are not allowed. Surface dive (head-first or feet-first) to a depth of 7 to 10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on your back to return to the starting point, holding the object at the surface with both hands and keeping your face at or near the surface. Swimming the distance underwater is not permitted. Exit the water without using a ladder or the steps.

During the first in-person session, you will be required to provide proof of age and identity. Acceptable forms of identification include a driver's license, state identification card, passport, or birth certificate. If a birth certificate is used to provide proof of age, an additional form of identification with a photo is also needed to provide proof of identity.

This course follows a blended learning model, which combines online coursework with in-person sessions. To get started, click the link (<https://www.redcrosslearningcenter.org/s/online-class-registration?Id=a65KV000000EVqiYAG>) and register for the online course. Log in to the Red Cross Learning Center and from your home page, click on the class. Please plan to complete all of the assigned online course modules at least 2 days prior to the in-person session. The online course content (16 modules) is designed to be completed in approximately 6 hours, with each module taking between 15 and 30 minutes to complete. You may require more or less time to complete each module. I recommend beginning the online coursework as soon as possible to ensure that you are able to complete all of the assigned online modules in advance of the in-person session.

Please be prepared to provide proof that you completed the assigned online modules prior to the in-person session using one of the following methods:

- Print your completion record at the conclusion of the online course and bring it to the in-person session.
- Log into the online course at the beginning of the in-person session to display the completion status.

The total instruction time for the lifeguarding course in-person session is 21.5 hours (excluding meal and rest breaks). In-person session times are listed below.

Friday from 3:00pm-8:00pm & Saturday-Sunday from 8:00am-5:00pm

In general, you will need the following for each in-person session:

- A swimsuit that allows for good range of motion and that will stay secure and keep you covered during physical activity.
- A towel
- Comfortable clothing for classroom activities and practicing skills such as CPR.
- Your Lifeguarding Manual (in either print or digital format), hip pack, resuscitation mask, and whistle. (these will be provided during class activities).

For your comfort, you may want to bring an extra swimsuit and a change of dry clothes, in addition to an extra layer (such as a sweatshirt and sweatpants).

To successfully complete the course and receive certification, you must.

- Complete all online course content in advance of in-person session.
- Attend the entire course and participate in all in-person sessions.
- Actively participate in all course activities, including assuming various roles during skill practices, skill drills, activities, and scenarios.
- Demonstrate proficiency in all skills.
- Successfully pass the final written exam with a minimum grade of 80 percent.
- Pass three final skill assessments.

Upon successful completion of the course, you will receive an American Red Cross certificate for Lifeguarding with CPR/AED for Professional Rescuers and First Aid, valid for 2 years.

Please be aware that the skill practice sessions in the Lifeguarding course involve strenuous physical activity. If you have concerns about your ability to participate fully in class (for example, because of a medical condition or disability), please contact the Aquatics office before the first in-person session to discuss possible accommodations. You may also wish to speak with a healthcare professional before the first in-person session.

If you have any questions, please contact the Aquatics office at 252-466-2510.

We look forward to having you in class,

Cherry Point Aquatics