

2019 Red Cross Lifeguarding Training Class
Spring Session: April 16 to May 4, 2019
Attendance at ALL Lifeguarding Training Classes is MANDATORY
There are no make-up lessons for this class

Class One – Tuesday, April 16

Introduction - Classroom 6:00-6:30p
Prerequisite skills test – Pool 6:30-7:30p

- Swim 300 yards continuously using front crawl and breaststroke.
- Tread water for 2 minutes using only the legs.
- Brick retrieval timed event – 1 minute, 40 seconds.

Class 7:30-9:15p
The Professional Lifeguard and Facility Safety
Reading assignment: Chapters 1 and 2

Class Two – Thursday, April 18

Classroom 6:00-8:00p Pool 8:00-9:15p
Patron Surveillance, Injury Prevention and Entries and Approaches
Rescue Skills, Part 1
Reading assignment: Chapters 3, 4 and 6

Class Three – Saturday, April 20 – Activity Center

Classroom 3:00-8:00p
Before Providing Care, Victim Assessment and Breathing Emergencies
Cardiac Emergencies and Using an AED
Reading assignment: Chapters 7, 8 and 9

Class Four – Tuesday, April 23

Classroom 6:00-8:00p Pool 8:00-9:15p
Emergency Action Plans and Rescue Skills, Part 2
Reading assignment: Chapters 5 and 6

Class Five – Thursday, April 25

Classroom 6:00-8:00p Pool 8:00-9:15p
First Aid
Head, Neck and Spinal Injuries
Reading assignment: Chapters 10 and 11

Class Six – Saturday, April 27

Classroom 3:00-4:00p Pool 4:00-8:00p
Waterfront Skills module
Waterpark Skills module
WRITTEN EXAM: CPR/AED and First Aid
Review Chapters 7, 8, 9 and 10 for exam

Class Seven – Tuesday, April 30

Classroom 6:00-7:30p Pool 7:30-9:15p
Administering Emergency Oxygen
WRITTEN EXAM: Lifeguarding Skills
Review Chapters 1-6 and 11 for exam
Rescue skills review

Class Eight – Thursday, May 2

Class 6:00-7:00p Pool 7:00-9:15p
WRITTEN EXAM: Admin. Emergency Oxygen
WRITTEN EXAM: Waterfront Skills
WRITTEN EXAM: Waterpark Skills
Review Chapters 4, 6 and 8 for exam
Rescue skills review

Class Nine – Saturday, May 4

Pool 3:00-8:00p
Final In-Water Skills Scenarios

Students must participate in all classes to complete the course. Bring a one-piece bathing suit, towel, swim goggles (optional), Lifeguarding Participant manual, pen and paper to all classes. In order to receive certification, students must pass 100% of skills and skill scenarios and pass 80% of the questions on each written exam. Absences will result in non-completion of the course and no certificate will be given. Students must complete the reading assignments before each class (except Class 1.) **Students must be able to open eyes under water and dive to 13 feet.** It is recommended contact lens be removed for in-water activities to prevent loss. To prevent injuries, jewelry and swim goggles may not be worn when practicing rescue skills.