

# Scripps Ranch Recreation Lifeguard Training Course Information



## Lifeguarding Course Participant

Important information regarding your Lifeguard Training at Scripps:

The purpose of the American Red Cross Lifeguarding Course is to teach candidates the knowledge and skills needed to prevent and to respond to emergencies in the aquatic environment. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies and to prevent drowning injury.

Successful completion requires participation in lifeguarding skills practice. Sessions will include strenuous activity, including but not limited to: swimming, lifting and supporting other candidates, treading water, diving to a depth of 12ft, and other aquatic skills. You are encouraged to check with your health care professional before participating in the practice sessions.

To enroll you must be at least 15 years of age before the last scheduled class session. To participate in the class you must be able to demonstrate the following skills as part of the first class Skills Evaluation:

1. Swim 300 yards continuously: first swimming 100 yards of front crawl breathing to the side or the front, and using stabilizing, propellant kick. Then swim the next 100 yards of breast stroke using a pull, breathe, kick, and glide sequence. Finally, complete the last 100 yards with any combination of breast stroke and front crawl.
2. The next skill the participant will begin in the water and swim 20 yards freestyle of breast stroke, surface dive 7-10 feet, retrieve a 10 lb. object, return to the surface, swim back to the starting point with 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, if a participant cannot execute the skills they will not continue in the lifeguarding course (see refund info below). Please bring a swimsuit and towel for the skills evaluation and for every class meeting. Take precautions to protect yourself from a long day outdoors in the sun.

Upon successful completion of the Lifeguarding course, each participant will receive an American Red Cross Universal Certificate (ARCUC) indicating Lifeguarding/First Aid (valid 3 years), and an ARCUC indicating CPR/AED for the professional rescuer (valid 1 year). Certifications can take as long as four weeks to be delivered based on the Red Cross' ability to process the cards, when you are filling out your name and address please print clearly to avoid any unnecessary delays.

Every lifeguard training class follows the same basic schedule, please be aware of your class dates and times as missing class or being tardy are grounds for dismissing you from the class. Classes are two consecutive weeks Friday 6:00-9:00pm, Saturday 9:00am-5:00pm, and Sunday 9:00am-5:00pm, you must attend all sessions and pass the Red Cross Exams to pass class, class times are subject to change. Dates for each class session are listed below.

Refunds and transfers will be considered up to one week before the beginning of your class, a \$20.00 administration fee will apply. If you fail to make contact before the refund/transfer deadline the cost of the refund/transfer will double to \$40.00. Please double check the times and dates so you do not miss class or pay any penalties. If you fail to pass the Skills Evaluation on the first day you will be charged a \$20.00 administration fee and the balance will be refunded. If the participant fails the Lifeguard Training Course there is no refund, if you withdrawal during the class there will be no makeup class. Please call the Aquatics Directors voicemail (858) 271-6222 x 129 if you need to transfer or wish to cancel your enrolment.

Classes are held at the Aviary Pool (9875 Aviary Drive SD 92131). Each student will receive CPR pocket mask and a Red Cross Lifeguard Training Textbook upon successful completion of the Skills Evaluation. Class includes the use of CPR practice mannequins, lifeguard equipment, American Red Cross video training, and a certified professional instructor.

Dates of classes\*:

Class 1: March 26, 27, 28, April 2, 3, 4 (Scripps High Spring Break)

Class 2: May 14, 15, 16, 21, 22, 23

Class 3: June 18, 19, 20, 25, 26, 27

Class 4: July 16, 17, 18, 23, 24, 25

Class 5: August 13, 14, 15, 20, 21, 22

Enroll by calling (858)271-6222 with a credit card, or come to the Aviary location: 9875 Aviary Drive, San Diego CA 92131 to sign up in person. Lifeguard Training is \$170.00. If you lose this flier you can get it on line at [www.srsrc.com](http://www.srsrc.com)

Any questions regarding the class please call Lifeguard Instructor Matt Fort at (858)431-9210

Any questions regarding refunds, transfers, or special circumstances please call Aquatics Director Fred Gleason (858) 271-6222 x:129

\*Class dates and times are subject to change