

## **American Red Cross Lifeguard Training**

Must be at least 15 years of age before the last scheduled class to be eligible for training. Upon completion of class and satisfactory test scores you will earn American Red Cross Lifeguard Training, CPR, and First Aid for the Professional Rescuer Certifications.

If sign up for the class and cannot attend all days for any reason you may receive a partial refund or transfer to another class. Transfer fee of \$20.00 assessed. If you withdraw from the class after not passing the basic skills test you will receive a refund minus a \$20.00 cancellation fee. If you fail the course exams or final skills tests there is no refund. If the course is cancelled due to less than 6 students signing up, you will have the option to transfer to the next class with out transfer fee.

**Contacts:** Aquatics Director Joel Brust at [Joel@srsrc.com](mailto:Joel@srsrc.com) or (858) 413-6766

### **Basic requirements:**

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. Begin in the water and swim 20 yards freestyle or 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.
3. Tread water for 2 minutes without using arms or hands

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 above).

### **Bring to all classes:**

Please bring a laptop computer, 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. We suggest bringing water bottle, hat, sunglasses, extra towel, and sunscreen too.