



Lifeguard Training Course

Course Details

This blended training course is available to those who are 15 years of age and older. 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. As a prerequisite, participants must be able to swim 300 yards continuously, tread water for 2 minutes using only the legs, and complete a timed event within 1 minute, 40 seconds (swim 20 yards, surface dive 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 so they are able to get a breath, exit the water without using a ladder or steps).



**April 27, 2019
Noon-4:00pm
May 4, 2019
10:00am-6:00pm**

Certification Requirements: Complete all online components, 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.

Participants who successfully complete the course will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED for Lifeguards. The certification is valid for 2 years.

COST: \$60

TO REGISTER:

Call- (906)259-2741

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