



LIFEGUARDING COURSE

This course will teach you not only the basics in water safety but also the proper protocol when dealing with any emergencies around water. Entry-level lifeguard participants will learn the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care from breathing and cardiac emergencies, injuries and sudden illness until medical services (EMS) personnel arrive on scene and take over. This training course includes both testing of hands-on skills as well as comprehension on written tests.

Upon completion of the course, participants will get American Red Cross Lifeguard Certification. The certification includes which First Aid, CPR and AED training, is valid for two years upon completion and is accepted nationwide.

Prerequisites for lifeguard training include:

- Students must be at least 15 years old by the last day of class
- Students must pass a pre-course swimming skills test prior to taking lifeguarding course, see below:

Pretest:

- Swim 300 yards continuously using the front crawl or the breaststroke. Swim goggles may be used during the pretest only!
- Tread water for 2 minutes without using your hands. Hands must be placed under armpits or out of the water.
- Swim 20 yards, retrieve a 10 pound brick at a depth of 7 to 10 feet; return to the surface with the brick; holding the brick in both hands swim on your back 20 yards to the wall; place brick on the wall and exit the pool without the use of a ladder or steps within 1 minute and 40 seconds.

Number of Sessions: 14

Location: POBJFK High School

Dates:

April/26, 28 - 6:30 to 8:30 pm

May/ 3, 4, 5, 10, 11, 12 - 6:30 - 8:30 pm

May/ 17, 18, 19, 24, 25, 26 - 4:30-6:30 pm

Cost: \$350.00 per person

*****Current POB HS Students fee is waved*****

Payment is due after passing the Pretest

Checks written out to: POB CSD

Participants must attend EVERY session and pass both the written CPR/AED/FIRST AID and Lifeguard Skills; as well as pass the practical skills (lifeguarding skills and CPR/AED/FIRST AID) test to become a American Red Cross Certified Lifeguard.

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