

Safari Island Community Center

American Red Cross Lifeguard Certification

The primary 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 professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. This program offers a choice of Lifeguarding/First Aid/CPR/AED courses to meet the various training needs of a diverse audience.

Course details:

- This course is offered in a blended learning format. Pre-class online instruction time is 7 hours. In-class learning time is 20 hours.
- Participants must be 15 years of age or older by the final day of class.
- Participants must be able to complete the pre-requisite swim test* (see reverse) in order to continue in the class.
- Successful completion of the class will result in a 2 year certification in Lifeguarding, CPR/AED for the Professional Rescuer, and First Aid.

Class dates:

- December 26th-29th 9:00-1:00 p.m.

*The prerequisite swim test will be held on the first day of class one hour prior to the start time listed above. **PLEASE NOTE: Participants who do not pass the pre-requisite swim test will not be provided with a refund. Participants are also required to attend all days and all hours of class to be eligible for certification.**

Course Fee: Member: \$185.00 Non-member: \$225.00
*Reimbursement of fee is available. Contact Liz Tromborg for more information!

Liz Tromborg
Aquatics Director
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Prerequisites for the Lifeguarding Class:

Candidates must:

1. Be at least 15 years old on or before the final scheduled session of the course.
2. Swim 300 yards, continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
3. Tread water for 2 minutes, using only the legs. Candidates should place their hands under the armpits.
4. Complete a timed event within 1 minute, 40 seconds:
 - Starting in the water, swim 20 yards. Swim goggles are not allowed.
 - Surface dive, feet-first or headfirst, to a depth of 7 to 10 feet to retrieve a 10-pound object.
 - Return to the surface and swim 20 yards on the back 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.