

Fall 2009

Lifeguard Training Program Description

The American Red Cross Lifeguard Training program is the most recently updated program that the American Red Cross offers.

The program is designed to be conducted in several modules. After successful completion, several certifications may be obtained. The core program includes Lifeguard Training, First Aid, and CPR/AED for the Professional Rescuer. The program content includes patron surveillance, water rescues, and first aid. The program also includes training on how to provide care for adults, infants, and children suffering from respiratory and cardiac emergencies. Upon successful completion participants will receive a Lifeguard Training and First Aid certification valid for 3 years and a CPR/AED for the Professional Rescuer certification valid for 1 year.

Other supplemental training and certifications offered during this program include:

- **Preventing Disease Transmission (PDT).**

The purpose of the Preventing Disease Transmission course is to train and provide individuals with an understanding of the Bloodborne Pathogens standards; how disease transmission occurs; precautions to prevent transmission; what to do if exposure occurs; and the various types of communicable diseases. Upon successful completion, participants will receive a Preventing Disease Transmission certification valid for 1 year.

This core Lifeguard Training certification is designed to train and certify individuals for swimming pool environments only. Supplemental training modules are available at other facilities for waterpark, waterfront, and shallow water attendant.

This program is designed to serve as an initial training for proper protocol in the disciplines listed above. It is expected that participants who successfully complete this program will receive additional review and facility specific training from facilities where they become employed.

Participant Responsibilities

This program requires several important responsibilities of the participants. The program is offered in a relatively short period of time and is conducted in a very calculated time period. Classroom and pool time limits the resources available to conduct this class.

The Lifeguard Training program has been designed to train participants as professional rescuers, much like an Emergency Medical Technician who may respond to emergencies in an ambulance. As such, the program is instructed in a very serious and firm manner. Expectations of participants include:

1. Attend and be punctual for all classes. No make-ups are available for any missed material.
2. Participants need to sign Full Participation Letters of Intent, which promises the instructors that they will not only attend all classes but they will also fully participate in all classroom and pool sessions. Not doing so will compromise the participants' successful completion of the program.
3. All course material assigned for classes must be completed when instructed. Written quizzes are given every class to ensure participants read material.
4. Participants must come to each class with appropriate swimwear (**females must wear a one-piece suit**), towel, paper, writing utensils, course material and meal provisions.

Lifeguard Training Policies

1. Participants must be at least 15 years of age by the completion of the course.
2. Participants must attend and actively participate in all class sessions.
3. Make-ups for missed material **are not** available.
4. Missing one or more classes will result in immediate failure of the program.
5. Refunds **are not** available once the program begins. Credits *may* be issued for the Registration Fee only at the discretion of the instructor(s). Credits **cannot** be issued for the Material Fees of \$90.00
6. All body piercing and jewelry must be removed during water training and testing.
7. Participants must wear appropriate swimwear. Females **are required to** wear one piece suites.
8. No swimming is permitted in the indoor pool in the event of thunder or lightning. Make-up times for the entire class will be discussed and set in this event.

Lifeguard Training Pre-Requisites

Swim Skills Pre-Test

All candidates must register for a skills pre-test. The pre-test consists of swimming skills that will help the instructor determine if the candidates' abilities are sufficient enough to participate in the program. The skills test include:

1. 300 yard (12 pool lengths) continuous swim. The swim must include:
 - 100 yards front crawl
 - 100 yards breaststroke
 - 100 yards choice of front crawl and/or breaststroke
2. Swim 20 yards using front crawl or breaststroke, surface dive to the bottom of the pool retrieve a 10lb. brick, return to the surface and swim back to the starting point with the object and exit the pool without using the ladder. While returning to the starting point, the participant must hold the brick in both hands and must keep their face above the water. This must be completed within 1 minute and 40 seconds.

Age Verification

All candidates must provide proof that they are 15 years of age by the last scheduled day of class. Acceptable proofs of age include a copy of a birth certificate, a driver's license, a State ID or a passport. This must be presented at the time of the pre-test registration.

Signed Letter of Intent To Fully Participate

All participants must sign a letter, which promises the instructors that they will attend all classes, they will be punctual for all classes and that they will actively participate in all classroom and pool sessions.

Lifeguard Training Certification Requirements

Successful completion of this program depends on the participants passing each of the written and skills tests outlined below.

Written Exams

Each module of this program has a written multiple-choice exam that is prepared by the American Red Cross. Participants must receive a passing score of at least 80% per section.

If a participant fails to pass one section of the written exam on the first attempt, they will be allowed one chance to retake the failed portion. If the participant fails the exam on the second attempt they will receive a failing grade for the course and must retake the entire course again.

Skills Tests

Each module of this program also has skills test that have to be performed properly. The skills include:

1. **CPR/PR** – This tests skills for choking, rescue breathing and CPR for infants, children and adults. Two rescuer CPR and use of a Bag Valve Mask (BVM).
2. **AED** – This tests skills for proper use of an automated external defibrillator coupled with proper CPR skills.
3. **First Aid** – Skills testing for disease transmission prevention, bleeding control, recognition and care for life threatening conditions.
4. **Water Skills** – This tests skills for victim recognition, emergency action plan activation, proper entries, approaches, rescues, extrications, spinal injury management, prevention of disease transmission and first aid.

Final Skills Test - The final skills test is in the form of three scenarios where the rescuer needs to respond to simulated drownings. It incorporates all of the various skills from all portions of the program. Each scenario must be properly performed from start to finish. Participants must pass all of the three final skill scenarios to pass. Participants will only be allowed to retake **one** of the skills scenarios; if a participant fails more than one of the skills scenarios then they will receive a failing grade for the course and must retake the entire course again.

Lifeguard Training Sessions – Dates and Times

Pre-Test

Candidates must select only one of the dates and times listed below. Candidates must first pass the pre-test before registering for the actual Lifeguard Training program. Pre-test dates and times are scheduled as follows:

- Monday, November 2 11:00am, 11:20am, 11:40am
- Wednesday, November 4 3:00pm, 3:20pm, 3:40pm
- Thursday, November 5 4:40pm, 5:00pm, 5:20pm
- Saturday, November 7 11:00am, 11:20am, 11:40am
- By Appointment (Call 440-546-2318)

Class Sessions

The class times listed below are **all mandatory**. Make-ups **are not** available. Class location and assignment specifics are included in the course syllabus. Class dates and times are scheduled as follows:

Weekend Session** Activity # 942332-61

- Saturday, November 14 9:00am - 4:30pm
- Saturday, November 21 9:00am - 4:30pm
- Saturday, December 5 9:00am - 4:30pm
- Saturday, December 12 9:00am - 4:30pm
- Saturday, December 19 9:00am - 4:30pm

** Please bring a lunch, beverage, and snack as needed to all classes

Final Skills Test

The final skills test and written examination will be conducted on the last day of class. Each student will be tested individually. Anyone not successfully completing the final skills test or written examination will be given the option to retake it immediately or will need to schedule a re-test at the instructor's convenience.

Lifeguard Training Registration Dates

Pre-Test Registration

Brecksville Resident October 10
 Non-Resident October 17

Lifeguard Training Registration (Dependent on Pre-test Passage)

Passed pre-test candidates **only** are eligible for registration. All participants must register for the Lifeguarding class once they have passed the pretest. ****Pretest registration does not register participants for the Lifeguarding class.**

Lifeguard Training Fees

All training fees are due when registering for the Lifeguard Training course. Materials fees are due on the first day of class. There is a \$15 fee for pre-testing.

Registration Fees and Material Fees

	Pre-Test Fee	Registration Fee	Material Fee	Total Cost
Community Center Members	\$15	\$100	\$100	\$215
Brecksville Residents	\$15	\$110	\$100	\$225
Non Residents	\$15	\$120	\$100	\$235

Material Fees (Checks made payable to The American Red Cross)
 Includes books, materials and American Red Cross administrative fees.

****All fees are due at the time of registration, except for the American Red Cross fees which are due by the first day of class.**

Registration Activity Numbers

Pre-Test

Please **select one** of the following activities. You must pre-register for the pre-test. The dates fill quickly please register early.
Activity # 942331

Day	Date	Time	Section
Monday	11/2/2009	11:00am	10
Monday	11/2/2009	11:20am	11
Monday	11/2/2009	11:40am	12
Wednesday	11/4/2009	3:00pm	31
Wednesday	11/4/2009	3:20pm	32
Wednesday	11/4/2009	3:40pm	33
Thursday	11/5/2009	4:40pm	40
Thursday	11/5/2009	5:00pm	41
Thursday	11/5/2009	5:20pm	42
Saturday	11/7/2009	11:00am	61
Saturday	11/7/2009	11:20am	62
Saturday	11/7/2008	11:40am	63
Call for an appointment if none of the times work for you (440)546-2318			81

You should not register for Lifeguard Training until you have completed and passed the Pre-Test

Program Contact

Erin Dadas, Assistant Aquatic Coordinator
(440) 546-2318 or edadas@brecksville.oh.us