



Lifeguard Training

Winter Course 2018



Dear Lifeguarding Course Participant :

Thank you for your interest in the American Red Cross Lifeguarding course. The course will be held at :



Course Location : Mesabi Family YMCA, 8367 Unity Drive, Virginia, MN 55792

Course Dates : March 6-8 & 13-15

Course Instruction : Tuesday, Wednesday, Thursday 5:00pm-9:30pm

Course Fee : \$235.00 Includes training materials, required CPR mask, and certification cards.

Register with: www.mesabiyymca.org Phone : 218-749-8020

The purpose of the American Red Cross Lifeguarding course is to teach candidates the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries.

Successful completion requires 100% attendance and participation in skills practice. The practice sessions will require some strenuous physical activity. If a medical condition or disability exists that might prevent participation in the activities, or there are questions about fully participating in the Lifeguarding course, please contact me to discuss this before the course begins.

To **enroll** in the Lifeguarding course, you must be at **least 15 years of age** before the last scheduled class session. To **participate** in the Lifeguarding course, you must be able to demonstrate the following skills in a **PreCourse Skills Test** :

1. **Swim 500 yards continuously, using the front crawl and breaststroke, demonstrating rhythmic breathing.**
2. **Tread water for 2 minutes using only the legs.**
3. **Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10 pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds. Goggles are not allowed for this event.**

Age confirmation and skills evaluation will happen on Tuesday March 6th at 5:00pm. Please bring a valid ID as proof of age, a swimsuit, and towel for the PreCourse Skills test and for every class.

Upon successful completion of the Lifeguarding course, each participant will receive an **American Red Cross International Certificate** indicating **Lifeguarding / First Aid / CPR-AED for the Professional Rescuer**.

If there are any questions regarding this course, please contact me at **218-749-8020**. Please leave a message.

Chad Buggert (lifeguard instructor)

cbuggert@mesabiyymca.org

Lifeguard Manual Requirements

Each Participant will need a current American Red Cross Lifeguard Manual. This textbook will be required by the second class date.

The lifeguard manual in PDF digital format can be **Downloaded Free** at :

http://www.instructorscorner.org/files/LG_PM_digital.pdf

Participants are responsible for obtaining the current manual.

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The traditional textbook can be purchased at:

www.redcrossstore.org

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Lifeguard Manual cost : \$34.99