



Water Front Lifeguard Training Module



Dear Course Participant :

Thank you for your interest. The American Red Cross Water Front module course is an **add-on for individuals already certified in lifeguarding**. Course includes the skills and knowledge required to prevent and respond to emergencies in non-surf, open water lakes and aquatic areas to include; summer camps, campgrounds, resorts and public parks. The course will be held at:



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

Course Date : 03 June 2018

Course Instruction : Sunday 9:00am – 5:00pm

Course Fee : \$75.00

Register at: www.mesabiymca.org or phone: 218-749-8020

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

To **enroll** in the course, you must be at **least 15 years of age** and present a **valid copy of your lifeguard training certification**. Required successful completion of a **PreCourse Skills Test** :

1. **Swim 550 yards continuously, using the front crawl and breaststroke, demonstrating rhythmic breathing. Goggles are allowed.**
2. **Tread water for 2 minutes using only the legs without stopping.**
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.**
4. **Starting in the water, swim 5 yards, submerge, swim underwater and retrieve 3 dive rings placed 5 yards apart in 4-7 feet of water. Surface and swim 5 yards to complete the sequence.**

Age, certification confirmation and skills evaluation will happen on Sunday at 9:00am. Please bring a valid ID as proof of age, a swimsuit, and 2-towels for the class. **Dress appropriately to be outside, if weather allows we will use a beachfront part of the day.**

Upon successful completion of the Lifeguarding course, each participant will receive an **American Red Cross International Water Front Lifeguarding Module Certificate**.

If there are any questions regarding this course, please contact: cbuggert@mesabiymca.org

Lifeguard Manual Requirements

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