

AMERICAN RED CROSS

LIFEGUARD

CERTIFICATION COURSE

**\$375/
PERSON**

October 8 - October 9
Saturday/Sunday: 6AM - 4PM

October 29 - October 30
Saturday/Sunday: 6AM - 4PM

November 12 - November 13
Saturday/Sunday: 6AM - 4PM

To register, please contact Chris Carpino,
Aquatic Director, at 774-469-3035 or
chriscarpinokcm@gmail.com

American Red Cross Lifeguards Blended Learning Certification Course

Purpose

The purpose of the American Red Cross Lifeguard Training course is to provide entry level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services (EMS) personnel take over.

Prerequisites

1. Must be 15 years old on or before the final scheduled session of this course.
2. Participants must complete all online portions of the course prior to the first classroom session. (please note, the online portion of the course takes around 7 hours to complete)
3. 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.
4. Swim goggles may be used.
5. Tread water for 2 minutes using only legs. Candidates should place hands under the armpits.
6. Complete a timed event within 1 minute, 40 seconds.
 - Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
 - Surface dive, feet first or head first, to a depth of 7-10 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.
 - Candidates should not swim the distance underwater. Exit the water without using ladder or steps.

Materials

An American Red Cross Lifeguard Manual is required for this class. All candidates are responsible for providing their own materials. You may purchase a printed copy from the Kingsbury Club for \$20 (no binder, just paper text). You may obtain a copy of the Lifeguard Manual once registered.

Refund Policy:

All program fees are fully refundable up to 72 hours prior to the start of the first classroom session. Within 72 hours of the first classroom session, all sales are final unless you have a valid doctor's note. Participants who are unable to complete the prerequisite swim during the in house test or within 72 hours or the start of the program will receive a 50% credit to use toward future classes here at the Kingsbury Club.