

AMERICAN RED CROSS

LIFEGUARD

CERTIFICATION COURSE



Full Certification: For new or Expired Guards
\$400/person

April 13-14 (2 Day Course)

- Saturday and Sunday 6:00AM-4:00PM

April 16-18 (3 day Course)

- Tuesday 7:00AM-4:00PM, Wednesday and Thursday 10:00AM-4:00PM

May 4-5 (2 Day Course)

- Saturday and Sunday 6:00AM-4:00PM

Recertification Course: For Guards with existing certification or within 30 days of expiration

\$200/person

April 20 (1 Day Course)

- Saturday 6:00AM-5:00PM
- Must provide a valid certification prior to registration

To register, please contact Chris Carpino,
Aquatics Director, at 774-469-3035

Must be at least 15 years of age by the course start date

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 6 hours to complete)
3. Must be able to complete all parts of the prerequisite swim
 - a. Swim-Tread-Swim Exercise
 - i. Swim 150 yards using the front crawl, breaststroke or a combination of both.
 1. Swimming on the back or side is not permitted.
 2. Swim goggles are allowed.
 - ii. Maintain position at the surface of the water for 2 minutes by treading water using only the legs.
 - iii. Swim 50 yards using the front crawl, breaststroke or a combination of both.
 - b. Complete a timed event within 1 minute and 40 seconds
 - i. Starting in the water, swim 20 yards. Swim goggles are not allowed.
 - ii. Surface dive, feet-first or headfirst, to a depth of 7 to 10 feet to retrieve a 10-pound object.
 - iii. 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 to breathe (or to get a breath).
 - iv. Exit the water without using a ladder or steps

Materials

An American Red Cross Lifeguard Manual is required for this class. All candidates are responsible for providing their own materials. E-link will be available upon registration

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.