



LIFEGUARD TRAINING COURSE - BLENDED LEARNING

PURPOSE: The purpose of the American Red Cross Lifeguarding 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. This class is a combination of online and with instructor-led skill sessions.

PREREQUISITES:

1. Must be 15 years old on or before the final scheduled session of this course.
2. 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. Swim goggles are allowed.
3. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
4. 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 to 10 feet to retrieve a 10-pound object.
 - Return to the surface and swim 20 yards 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 under water.
 - Exit the water without using a ladder or steps.

SITE: Upper Arlington High School Natatorium – 1650 Ridgeview Road, Upper Arlington, OH 43221

FEE: \$100.

CLASS SIZE LIMIT: 20

COURSE NUMBER, DATES & TIMES:

662732-A	February 9, 23, March 1 and 8	8:30 am-Noon
662732-B	March 29, April 5, 19 and 26	8:30 am-Noon

TO REGISTER: Use the link below register for the lifeguard training course

<https://parks.uaoh.net/wbwc/webtrac.wsc/search.html?module=AR&keyword=lifeguard&search=yes>

LENGTH OF CLASS: Online Instruction – 7-1/2hrs, Instructor-led Skill Sessions -16 hours – TOTAL = 23-1/2 hours

CERTIFICATION REQUIREMENTS: Attend all class sessions, successfully perform all required skills, successfully complete three final skill scenarios; and pass the written exam with a minimum grade of 80 percent or better on each section.

CERTIFICATION VALIDITY: Lifeguard Training/First Aid/ CPR/AED -2 year certification.

QUESTIONS: Contact Lee Spitzer, Aquatics & Tennis Manager, lspitzer@uaoh.net or 614-583-5261

This activity is not sponsored by Upper Arlington Schools.