

Red Cross Waterfront Lifeguarding

At the Auburn YMCA-WEIU

The Auburn YMCA-WEIU is offering American Red Cross Waterfront Lifeguarding classes. The Waterfront Lifeguarding course is designed to prepare participants with the knowledge and skill needed to be a lifeguard at the pool and at the beach. This comprehensive course offers up-to-date information on how to guard, anticipate and prevent potential hazards before they occur and how to take action to help those in danger when necessary. This course includes American Red Cross First Aid and CPR/AED.

Requirements:

- Minimum age 15, participants under the age of 18 must have parental consent.
- Pass the following swimming test:
 - Swim 550 yards continuously, using these strokes in the following order:
 - 200 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or to the front.
 - 200 yards of breaststroke using a pull, breathe, kick and glide sequence.
 - 150 yards of either the front crawl or breaststroke. The 150 yards may be a combination of front crawl and breaststroke.
 - 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.
 - Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4-7 feet of water, resurface and swim 5 yards to the side of the pool.
- Full participation in the course. (No missed lessons.)
- Successful completion of written test. (80% on each section.)
- Competence in all water skills.

Cost: \$295.

Sessions: October classes will be offered. See back for dates and times of pre-course swim and lessons.

Options: For recertification, cross-over to Waterfront Lifeguarding, challenge testing or other requests, call Shari Del Favero, Assistant Aquatics Director. 253-5304

October Class

<u>Class Session</u>	<u>Date & Time</u>	<u>Topics</u>
Pre-course Swim	Fri. 10/7, 3-9 pm	The Professional Lifeguard
Lesson 1		Injury Prevention
Lesson 2	Sat. 10/8, 8am-4 pm	Patron Surveillance
Lesson 3		Rescue Skills
Lesson 4	Sun. 10/9, 8 am-6 pm	Before Provide Care
Lesson 5		Breathing & Cardiac Emergencies
Lesson 6		Two-Rescuer CPR & AED
Lesson 7	Mon. 10/10, 8am-5pm	First Aid
Lesson 8		Muscle, Bone & Joint Injuries
Lesson 9		Head, Neck & Back Injuries
Lesson 10	Sat 10/15, 9am-3pm	Line Searches
Lesson 11		Written Exam and Skill Scenarios