

Boy Scouts of America and American Red Cross Lifeguard Training 2018



Do you need training for your Lifeguarding job for the summer?

Dates/Times

May 12 Registration Deadline!!

May 20 2-4 pm, Sea Dragon Aquatic Center, 9446 Taney Road; Manassas, VA 20110

- Prerequisite swim test and orientation

June 2-3 & 9 9am-5pm Camp William B. Snyder, Haymarket VA

Note: You must attend ALL sessions to complete the course

This course will use the Red Cross blended learning option that requires approximately 7 1/2 hours of online study before June 2. This allows us to reduce the amount of time needed for the pool-side classes.

Certifications

You will earn the following certifications by successfully completing this course:

-American Red Cross Lifeguarding/First Aid/CPR/AED

-BSA Lifeguard

What do you need:

Cost: \$130

-You must be at least 15 years old

-You must supply a BSA Annual Health and Medical Record form signed by a physician (Parts B & C). You must be approved for swimming activities

-You must demonstrate the following at the prerequisite swim test: swim continuously for 550 yards, including at least 100 yards of each of the following strokes in good form: front crawl, breaststroke, elementary backstroke, and sidestroke. Immediately following the swim you must tread water for two minutes using no hands (your hands must be under your armpits).

-You must be able to, starting in the water, swim 20 yards using a front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, surface, swim with the object 20 yards back to the starting point, and exit the water, all within 1 minute, 40 seconds.

-You will need to furnish a swim mask, snorkel and fins (all other equipment is provided)

-You will need to bring a bag lunch for each day of the weekend sessions.



**American
Red Cross**

**Register early since the course is
limited to the first 16 participants!**

Online Registration: www.ncacbsa.org/aquatics