



**American
Red Cross**

American Red Cross Lifeguard Training For Camp Staff and others

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

Dates / Times:

March 31 Registration deadline!

April 6 6-8pm Chuck Fruit Aquatic Center 6168 Center Grove Rd, Edwardsville, IL 62025

-Prerequisite swim test and orientation

April 10, 11 7-10pm Chuck Fruit Aquatic Center

April 12, 13 9am-6pm Chuck Fruit Aquatic Center

Note: you must attend ALL sessions

This course uses the Red Cross blended learning option that requires approximately 7 ½ hours of online study before April 6. This allows us to reduce the amount of time needed for knowledge development during the classroom sessions.

Certifications:

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

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

-American Red Cross Waterfront Skills

What you need:

Cost: \$160

- You must be at least 15 years old.
- You must demonstrate the following at the prerequisite swim test: Jump into the water from the side, totally submerge, recover to the surface and swim 350 yards. After swimming 350 yards, maintain position at the surface of the water without support for 2 minutes by treading. After maintaining position at the surface of the water for 2 minutes, swim 200 more yards. Allowed swim strokes are front crawl and breaststroke. You must keep your face in the water and demonstrate good breath control.
- Swim goggles are allowed for the swim. When treading water for two minutes your hands must be under your armpits.
- Complete a timed event within 1 minute, 40 seconds: starting in the water, swim 20 yards, retrieve a 10-lb object from 7-10' deep, swim back to the start on your back with both hands on the object, exit the water. Swim goggles are not allowed for this timed event.
- Swim 5 yards on the surface, submerge and retrieve three dive rings placed 5 yards apart in 4-7' of water, resurface and swim 5 yards to the side of the pool. Swim goggles are not allowed for this submerged event.

(Note: those who are not able to pass the prerequisite skills will be issued a partial refund of fees)

- 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 session.
- You will need to complete the Red Cross blended learning sessions before April 6 and bring proof of completion to the first class.

Register early since course space is limited!

Online registration at: stlbsa.org/training Questions: Mike Meenehan mmmeenehan@gmail.com

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