



**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:**

April 13 Registration deadline!

April 18 4-6pm St. Louis Community College, Physical Education Building, 5420 Oakland Ave, Saint Louis, MO

-Prerequisite swim test and orientation

(Park in the garage South of the PE Building)

April 25 & 26 9am-6pm St. Louis Community College

May 2 & 3 9am-6pm St. Louis Community College

**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 25. This allows us to reduce the amount of time needed for knowledge development during the classroom sessions. You will be given access information at the April 18 session.

**Certifications:**

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

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

**What you need:**

-American Red Cross Waterfront Skills

**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 25 and bring proof of completion to the first class.

**Register early since course space is limited!**

Online registration at: [stlbsa.org/training](http://stlbsa.org/training) Questions: Mike Meenehan [mmmeenehan@gmail.com](mailto:mmmeenehan@gmail.com)

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