

+ American Red Cross Lifeguard Certification



FOR SCOUTS AND SCOUT LEADERS ONLY

This course teaches and qualifies lifeguards to Red Cross standards. **Optionally, you can qualify for BSA Lifeguard if you complete the additional requirements.** The course is blended – partly online, partly in pool. The course will challenge you, and involves a significant time commitment. All scheduled sessions are required. Designed for those who need more flexibility, our blended learning course combines both in-person and online coursework for a total time commitment of 19.5 hours in-person and 7.5 hours of online work for the Lifeguarding course

Online Sessions: Must complete the online sessions and test prior to December 26, 2023. A link will be sent to you via email.

In-Pool Sessions – Hampton Family YMCA, 1 YMCA Way, Hampton VA.

Pre-Test: December 26, 2023; 12 pm

Instructional Course: December 26-30, 2023, 12-4 pm.

TO SIGN UP: Register and pay online at the Black Pug site:

<https://scoutingevent.com/595-75048>. Email Norm Effinger (nte@cox.net) with your name and email address to get your link to start the online portion of the course.

Cost: \$200

Pre-Test: The following pre-test is required before starting the in-pool instruction.

1. Proof of age 15 or over. An official ID with birth date is adequate.
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 may be used. **For BSA Lifeguard course, pre-test is 550 yards.**
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
 - a. Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
 - b. Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
 - c. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they can get a breath. Candidates should not swim the distance underwater. Exit the water without using a ladder or steps.