

+ American Red Cross Lifeguard Certification



FOR SCOUTS AND SCOUT LEADERS ONLY CERTIFICATION AND RECERTIFICATION

This course teaches and qualifies lifeguards to Red Cross standards. 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, blended learning course combines both in-person and online coursework for a minimum time commitment of 27.5 hours (21.5 hours in-person and 6 hours of online). There are 3 skill scenarios and a written multiple-choice test that each student must pass at the end of the course. Certification is good for 2 years.

Recertification candidates must have a current certification or expired within 30 days of class start.

Online Sessions: Must complete the online sessions and test prior to December 26, 2024. A link will be sent to you via email.

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

Pre-Test & Initial Session: December 23, 2024; 8AM-2:30PM

Instructional Course: December 26-28, 2024, 8AM-2:30PM.

TO SIGN UP: Register through the Colonial Virginia Council's Black Pug site. Then email Norm Effinger (nte@cox.net) with your name and email address to get your link to start the online portion of the course. The course requires a minimum of 5 participants and is limited to a maximum of 10.

Cost: \$125. Register through the Colonial Virginia Council's Black Pug site.

Pre-Requisites:

1. Proof of age 15 or over. An official ID with birth date is required.
2. Swim-Tread-Swim Sequence
 - a. Swim 150 yards using the front crawl, breaststroke or a combination of both.
 - Swimming on the back or side is not permitted.
 - Swim goggles are allowed.
 - b. Maintain position at the surface of the water for 2 minutes by treading water using only the legs.
 - c. Swim 50 yards using the front crawl, breaststroke or a combination of both.
3. 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.