Lifeguard Training Class TRI-C EAST Campus, Physical Education Dept.

**CRN: 17019  CRSE:2000  Credits:2.0  Dates: 4/2/16 - 5/14/16, Saturdays 2:30pm-6:30pm**

**Location: Swimming Pool**

Become a certified lifeguard through the American Red Cross.

Text books and training materials included.

**This course includes Lifeguarding and CPR/AED for Professional Rescuer and First Aid Prerequisites:**

Minimum age of 15 by course completion. Identification required.

Swimming Skills: 300 yard continuous swim demonstrating breath control and rhythmic breathing.

Candidates may use front crawl or breaststroke.

Tread water for 2 minutes using only the legs.

Timed swim & surface dive: Swim 25 yards (no goggles), surface dive to a depth of 12 feet to a retrieve a 10-pound object, return to the surface and swim 25 yards on the back to starting point. Exit the water.

Failure of the pre-test disqualifies you from taking the course.

**Certification Requirements:** Attend and participate in all class sessions.

Demonstrate competency in all required skills and activities.

Demonstrate competency in all required final rescue skill scenarios.

Pass both the Section 1—CPR/AED for the Professional Rescuer and First Aid and Section 2—Lifeguarding Skills final written exams with minimum of 80 percent.

**Certifications:** Lifeguard/First Aid/CPR/AED: 2 years