

AMERICAN RED CROSS LIFEGUARD TRAINING
BASHA HIGH SCHOOL
FALL 2013

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Course Purpose

The purpose of the American Red Cross Lifeguarding course is to teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drownings and injuries.

Course Completion Requirements

1. Attend all class sessions.
2. Demonstrate competency in all required skills and activities.
3. Demonstrate competency in the three final skill scenarios.
4. Correctly answer at least 80 percent of the questions in the three sections of the final written exam.

What to bring to class

- Course materials (book, pocket mask, swimsuit)
 - Digital copies of the book are available at <http://editiondigital.net/publication/?i=95090>
 - Pocket Masks available at: www.shopstaywell.com \$12.95
- Pen/pencil/highlighter
- Towel

Course Prerequisites

To be eligible for the Lifeguarding course, participants must be 15 years of age on or before the final scheduled session of this course. The participant must also successfully complete the following:

1. Swim 300 yards continuously, using these strokes in the following order:
 - 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick.
 - 100 yards of breaststroke using a pull, breathe, kick and glide sequence.
 - 100 yards of either front crawl or breaststroke.

There is no time requirement for this skill. The participant must show only that he or she can swim 300 yards using the above strokes without stopping.

2. Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.