



# ARC Lifeguard Certification Class

Thank you for enrolling in the American Red Cross Lifeguard Training at Fort Sanders Health and Fitness Center. This letter will explain the course in more detail and hopefully answer some of your questions.

## **The requirements for the course are as follows:**

**In order to participate in the Lifeguard Training the student must be 15 years of age on or before the last day of class. The student must also successfully complete the following swimming prerequisites and refunds will not be given if you do not pass.**

- ◆ Swim 300 yards continuously, using the front crawl and breaststroke techniques.
- ◆ Swim 20 yards (front crawl or breaststroke), retrieve a 10 lb object from the bottom of the pool using a feet first dive, swim the object 20 yards back using only your feet, exit the water without using a ladder or steps. Must be completed within 1 minute, 40 seconds
- ◆ Tread water for 2 minutes with both hands in underarms.

The final test will include a written test and a skills test demonstrating each student's ability to perform water rescues and CPR.

Be prepared to be in the water everyday. Due to limited pool space we may be working outside. The outdoor pool is heated but air temperatures may still be cool so bring whatever you need to keep warm. We will be getting in and out of the water frequently. However, we **will not** go outside during extreme weather conditions. This will be at the discretion of the instructor.

**The Swim Pre-Test will be held on Monday prior to your course weekend; testing will begin promptly at 7 pm.** It is important that you make arrangements to be here for the pre-test. If you successfully pass the swim pre-test then you will report to class on Thursday. The instructors will begin class promptly at 5:00 PM on Thursday, 5 PM on Friday and 8 AM on Saturday and Sunday so please do not be late because you will miss valuable material. If you will be late let the instructors know ahead of time by calling 531-5000.

Please let the instructors know if you have learning disabilities before the start of class and they will be happy to accommodate you the best they can. If you have any questions regarding any type of disability please call 531-5082.

This class covers a great deal of material and we will be moving quickly. Therefore, it is important that you stay focused. Studying outside of the classroom will be necessary to achieve success. We will have a 1 hour lunch break on Saturday but we will not break for lunch on Sunday. However, you may bring food to eat during class.

As a lifeguard you will be looked upon by the public during an emergency and be expected to perform lifesaving skills. How you perform could mean the difference between saving a life and losing a life. Your caliber of performance begins with proper training and a willingness to learn, so we ask that you come prepared for a weekend of hard work and new challenges.

### **Parent must sign if student is under the age of 18.**

Print name \_\_\_\_\_

★ Signature \_\_\_\_\_

Date \_\_\_\_\_

★ **Your signature states that you understand the contents of this letter prior to payment. Due to demand for space in classes, NO REFUNDS WILL BE GIVEN.**