



## 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 at least 15 years of age on or before the last day of class. The student must also successfully complete the following swimming prerequisites and fees will be refunded if you do not pass, minus \$25 testing fee.**

- ◆ 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. We will be getting in and out of the water frequently, so bring whatever clothing you need to keep warm.

**The Swim Pre-Test will be held on Monday prior to your course weekend; testing will begin promptly at 7:00 pm.** Fees will be required to secure your place in the class. If for some reason you do not pass the pretest, all but \$25 will be refunded to you. The instructor will begin class promptly at 4:30 PM on Wednesday and Friday and 7:45 AM on Saturday and Sunday so please be on time so as to not miss valuable material. If something causes you to 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. Please bring a lunch for Saturday and snacks for Sunday. We will not break for lunch either day, 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 issued.**