

Summer Lifeguarding Information Packet

Cost of Course

\$155

Please make checks payable to "Brookville YMCA"

Age Verification

The Lifeguarding course is open to anyone who is at least 15 years of age by the conclusion of the course (June 7th). Participants may be asked to verify age by presenting a birth certificate.

Prerequisite Swimming Test

Before participants will be officially enrolled in the class, students must pass a prerequisite swimming test that has been established by the American Red Cross in order to demonstrate a minimum swimming ability that is required for the class. Passing the prerequisite swimming tests shows that a participant has the necessary skills to take the Lifeguarding course, but it does not guarantee a lifeguard certification. All lifeguard candidates will need to pass both a written and skills assessment at the conclusion of the course.

Prerequisite Swim Test includes:

1. 300 Yard Swim - Participants must swim 300 yards continuously of Breaststroke or Front Crawl. Students should demonstrate breath control and rhythmic breathing. Goggles are permitted for this portion of the pre-test.
2. Brick Retrieval - A 10-pound diving brick will be placed in the deep end of the pool. Participants will begin 20 yards from the brick. When signaled, the participant will swim any stroke until he or she is above the brick. The participant will perform a surface dive to the bottom and retrieve the brick and resurface with both hands. The participant will kick from the deep end, back to their starting point keeping both hands on the brick the entire time. Once back to the starting point, the participant must put the brick on the side of the pool, exit the pool and be in a standing position in under 1 minute and 40 seconds. Goggles are not permitted for this portion of the test.
3. Treading Water - Participants must tread water for 2 minutes using only their legs for support in deep water. The participant's arms must cross across their chest and keep their hands in their armpits. Participants must keep their face above the water and are not permitted to float on their back.

In-Person Course Information

Attendance is mandatory for all participants. If a participant is not able to be present and participate in the following classes, he or she will not earn the Lifeguard certification and should seek a different Lifeguarding class. The schedule will be adjusted to accommodate for inclement weather.

Date	Time	Place	Skills	What to bring.....
Friday, June 2 nd	8:00 am – 11:30 am	Brockway Community Pool	Day 1 Rain Day Make – up Class	1. Registration form 2. Swimsuit 3. Towel 4. Goggles (optional) 5. Payment is due at the end of class
Saturday, June 3 rd	8:00 am – 11:30 am	Brockway Community Pool	Prerequisite Swim Test All water skills up to stabilizations	1. Registration form 2. Swimsuit 3. Towel 4. Goggles (optional) 5. Payment is due at the end of class
Sunday, June 4 th	8:00 am – 11:30 am	Brockway Community Pool	Review all water skills Stabilizations Backboarding	1. Swimsuit 2. Towel
Monday, June 5 th	5:00 pm – 10:00 pm	Brookville YMCA	First AID CPR Final Skills Scenarios	1. Comfy clothes for giving CPR 2. CPR Breathing Barrier 3. CPR Study Guide 4. Swimsuit 5. Towel
Tuesday, June 6 th	8:00 am – 11:30 am	Brockway Community Pool	Final Skills Test	1. Swimsuit 2. Towel 3. CPR Breathing Barrier 4. Writing Utensil 5. Lifeguarding Study Guide
Wednesday, June 7 th	8:00 am – 11:30 am OR 7 hours of flexible time	Brockway Community Pool OR At home	Rain Day Make-up Class OR On-line Work	

Blended Learning Course Information

Participants will need to have access to technology, internet and a printer. Information will be given on how to access the blended learning course module through the American Red Cross. Participants will work at their own pace to complete the modules between June 3rd and June 7th. For planning purposes, the modules will take approximately 7 hours to complete. Before students take the final written test and skills tests, students will need to present the certifications of completion of the on-line modules.

Frequently Asked Questions

Q: When should I pay for the class?

A: Please hold payment until the end of the first session and you have successfully passed the prerequisite test.

Q: Do I need a breathing barrier or mask for giving CPR?

A: No. Breathing barriers will be supplied for the participants.

Q: Do I need to purchase the Lifeguarding textbook?

A: No. The textbook is a great reference but it is not required for this class. If interested in purchasing a textbook for \$34.99 you can go to the American Red Cross website at this link: <https://www.redcross.org/store/american-red-cross-lifeguarding-manual/755735.html?cgid=lifeguarding-course-materials#start=1&cgid=lifeguarding-course-materials>

Q: How long is the lifeguarding certification valid?

A: The lifeguard certification is valid for 2 years. After the 2-year period, lifeguards will need to recertify their certification by performing all the in-person skills and successfully complete 2 written assessments. Lifeguard recerts can deduct \$10 from the course fee if they have their own breathing barrier.

Q: Do I need a specific swimsuit for this class?

A: It is recommended that girls wear a one-piece swimsuit and boys wear swim trunks or shorts.

Q: How is the blended learning class different from the traditional course that I took 2 years ago?

A: After the first in-person class, you will be able to access the blended learning class directly through the American Red Cross. Participants will work at their own pace to complete the modules. Because of the online coursework, there will be less time spent in the traditional class. For example, we will not be watching videos as a group as they are part of the on-line module.

Q: Who do I contact with questions about the course?

A: Please email / text Sandy Hack at slhack18@gmail.com / 814-648-1847.

Registration Form

Name of Participant:

Address:

Date of Birth:

Cell Phone Number:

Permission to Text?

E-mail Address:

Emergency Contact Name:

Emergency Contact Phone Number:

Pertinent Health History: