

Dear Prospective Lifeguard:

Thank you for your interest in enrolling in the American Red Cross Lifeguarding course. Please see the flyer or internet – www.swimwithgina.com for the times and locations of classes.

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

Successful completion requires participation in skills practice. The practice sessions will require some strenuous physical activity. You are encouraged to check with your health care professional before participating in the practice sessions. If a medical condition or disability exists that might prevent participation in the activities or there are questions about fully participating in the Lifeguarding course, please contact us to discuss this before the course begins.

Be prepared for the pre-course swim – you need your bathing suit (no cut-offs for males; ladies need a one piece suit), a good pair of goggles, a towel and a change of clothes. Please note that the pre-course swim is not timed but you do need to swim the laps continual. It is a good idea to swim prior to the class if at all possible.

Upon completion of the class pre-requisites we will distribute books and class materials as well as discuss the layout of the class. There will be homework and/or reading each night, make sure you set aside time each day to prepare for class.

To enroll in the Lifeguarding course, you must be at least 15 years of age before the last scheduled class session. To participate in the Lifeguarding course, you must be able to demonstrate the following skills on the first day of class at the pre-course swim:

- Swim 300 yards continuously, using these strokes in the following order:
 - o 100 yards of front crawl using rhythmic breathing and a stabilizing propellant kick.
Rhythmic breathing can be performed either by breathing to the side or to the front.
- 100 yards of breaststroke using a pull, breathe, kick and glide sequence.
- 100 yards of either front crawl or breaststroke. The 100 yards may be a combination of either.
- 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 the ladder or steps, within 1 minute, 40 seconds.

Goggles CANNOT be worn for the brick so if you wear contacts bring your case to remove them for this exercise

Upon successful completion of the Lifeguarding course, each participant will receive an American Red Cross Universal Certificate indicating Lifeguarding/First Aid which is valid for 3 years, and an American Red Cross Universal Certificate indicating CPR/AED for the Professional Rescuer, which is valid for 1 year.

If there are any questions regarding this course, please contact us at 903-926-3200.

Sincerely,

James & Gina Hester
American Red Cross Lifeguarding Instructors
505 Lynoak, Marshall, TX 75672
903-926-3200