

# Valdese Parks & Recreation Department

## “LIFEGUARD TRAINING COURSE-Blended Version”



PLEASE NOTE: Taking this course DOES NOT guarantee employment with the Valdese Parks & Recreation Department. A separate application and interview process will follow the course. Additionally, the blended version requires students to complete and pass an online portion prior to entering the course on Friday, October 5th.

### COURSE OUTLINE-Students must attend all class sessions!

**Tuesday, September 25th, 7-8:00pm- PRE-COURSE SESSION**-testing of skills– During this session, participants will demonstrate the skills necessary to participate in the lifeguard training course (**skills are noted below**). Materials needed: appropriate swim suit, towel, goggles (if preferred). Upon successful completion, students will be required to pay the remaining pool fee balance of \$45 (\$55-\$10 deposit) on this day to retain their spot in the course! The American Red Cross fee will only be paid once the student has successfully completed the course on **October 7th**.

**September 26-October 4th:** During this time, participants should order the required materials (see below) and begin/complete the online portion of the Lifeguard Training Course. Information regarding the login process and online course section will be provided to each participant on **September 25th** during the pre-course session.

**Friday, October 5th, 3:30-5:30pm, location: Valdese Parks & Recreation Department pool**

SESSION 1: THE PROFESSIONAL LIFEGUARD AND FACILITY SAFETY, PATRON SURVEILLANCE AND ENTRIES & APPROACHES

**Saturday, October 6th, 8:00am-6:00pm, location: Valdese Parks & Recreation Department pool**

SESSION 2: IN-WATER SKILL SESSIONS, EMERGENCY ACTION PLANS, STANDARD PRECAUTIONS, INJURY PREVENTION, RESCUE SKILLS AND CPR AND AEDS

**Sunday, October 7th, 1:00-8:00pm, location: Valdese Parks & Recreation Department pool**

SESSION 3: SECONDARY ASSESSMENT, RESPONDING TO EMERGENCIES, HEAD, NECK AND SPINAL INJURIES IN THE WATER; RESCUE SKILLS; FINAL SKILL SCENARIOS AND FINAL WRITTEN EXAM

#### Course Fee Breakdown:

American Red Cross Fee:	→	35.00
Pool Fee:	→	55.00
	<b>TOTAL:</b>	<b>90.00</b>

#### ADDITIONAL FEES:

For course materials, go to [www.redcrossstore.org](http://www.redcrossstore.org) and locate the “shop the Red Cross Store tab at the top right side of the home page.

The following materials are required for the course:

#755735: Lifeguarding Participant’s Manual: \$34.95

#171201: Lifeguard Hip Pack with Seal Quik Mask and Whistle: \$23.00

Bring these materials to the in-person sessions, **October 5th-7th**.



Space is limited to the first 10 who sign up and pay a \$10.00 non-refundable deposit. This fee will be applied to the \$55 pool once the participant has completed the pre-course session.

Lifeguarding course prerequisite skills to be demonstrated during the Pre-course session :

1. Students must be 15 yrs. of age to take this course.
2. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breast-stroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
3. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
4. Complete a timed event within 1 minute, 40 seconds.  
Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.  
Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. Exit the water without using a ladder or steps.
5. Please practice these skills before **September 25th**. Students who have signed up for the course may come to the pool to practice these skills **at no charge**. Please check in at the desk and ask a lifeguard for help if you have any questions. You may borrow the 10 lb. brick.