

Valdese Parks & Recreation Department “LIFEGUARD TRAINING COURSE” 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.

Wednesday, March 21st , 6-8:00pm-PRE-COURSE SESSION-testing of skills-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 **April 15th**. Participants will then have just over two weeks to order the materials necessary for course.

Friday, April 6th, 5:30-9:30pm

LESSON 1: THE PROFESSIONAL LIFEGUARD AND FACILITY SAFETY

LESSON 2: FACILITY SAFETY, PATRON SURVEILLANCE AND INJURY PREVENTION

Saturday, April 7th, 8:00am-2:00pm (this class will be held at Splash Park Building)

LESSONS 3 & 4: BEFORE PROVIDING CARE, VICTIM ASSESSMENT, BREATHING EMERGENCIES, AND CPR SKILLS

LESSON 5: INJURY PREVENTION AND RESCUE SKILLS, PART 1

Sunday, April 8th, 1:00-5:00pm

LESSON 5: INJURY PREVENTION AND RESCUE SKILLS, PART 1-continued

LESSON 6: RESCUE SKILLS, PART 2 & LESSON 7—FIRST AID

Friday, April 13th, 5:00-9:30pm

LESSON 8: HEAD, NECK AND SPINAL INJURIES IN THE WATER, PART 1

Saturday, April 14th, 8:00am-2:00pm

LESSON 9: HEAD, NECK AND SPINAL INJURIES IN THE WATER, PART 2 & REVIEW

Sunday, April 15th, 12:30-6:30pm

LESSON 10: FINAL WRITTEN EXAM AND FINAL IN-WATER SKILL SCENARIOS

Students must attend all class sessions!

Course Fee Breakdown:

American Red Cross Fee:	→	35.00
Pool Fee:	→	55.00
		TOTAL: 90.00

ADDITIONAL FEES:

For course materials, go to www.redcrossstore.org

#329705: Laerdal CPR pocket mask: \$14.95

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

#321174 : ARC lifeguard whistle: \$5.95...

***You may purchase a whistle from another location.**

Students must have a textbook, whistle, and pocket mask by Friday, April 6th.



Space is limited to the first 20 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 **March 21st** . 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.