



American Red Cross Lifeguarding Course Saturdays – March 19 thru May 21, 2011

Lead Instructor: Neil R. Jones

Assistant Instructor: Carla Likar

Location: Norwin High School Pool

About the Course

The purpose of the lifeguard training course is to teach lifeguarding skills and knowledge needed to prevent and respond to aquatic emergencies. The course content and activities prepare the lifeguard candidate to recognize emergencies, respond quickly and efficiently to emergencies and to prevent drowning or other water related incidents. The course includes Lifeguarding, First Aid, CPR and AED.

Prerequisites

- Be a minimum of 15 years of age by the course completion date (proof of age required)
- Swim 500 yards (20 lengths) of the pool continuously using each of the following strokes for at least 200 yards (8 lengths) each: front crawl, breaststroke; and 100 yards of either – swimmer's choice. (No time limit is imposed but the swim must be continuous.)
- Surface dive down 9 feet and retrieve a 10 pound diving brick, then swim 15 yards on your back holding the brick with two hands at the water surface

Course length

The course is designed to be taught in a minimum of 30 hours, including Basic Cardiac Life Support (CPR), First Aid, Automated External Defibrillator (AED), lifeguarding and skills practice. Dates are tentatively scheduled for:

Saturday, March 19	8:00 am – noon	Registration, water test and intro lessons
Saturday, March 26	8:00 am – noon	Class
Saturday, April 9	8:00 am – noon	Class
Saturday, April 16	8:00 am – noon	Class
Saturday, April 30	8:00 am – noon	Class
Saturday, May 7	8:00 am – noon	Class
Saturday, May 14	8:00 am – noon	Class
Saturday, May 21	8:00 am – 3:00 pm	Class and Examinations

P.O. BOX 231 IRWIN PA 15642

Successful completion

To successfully complete the lifeguarding course, the candidate must:

- Demonstrate competency in each critical skill taught in the course
- Successfully complete two final in-water skill scenarios
- Attain a minimum of 80% on the written examination for first aid, CPR, AED and lifeguarding

Class preparation

Read each section in the class outline prior to attending the class session. Prepare questions to be reviewed for material that is unclear at the class session. Successful completion of the Lifeguarding Program requires each student to take an active role in their learning process.

Course fee – Check should be made payable to Norwin Aqua Club

Initial certification

\$ 180.00

Recertification

\$ 100.00

Initial certification fee includes first aid supplies, Life Guard Participant manual, Pocket Rescue Mask, whistle, certificate processing fees, training equipment and video rental. Recertification fee does not include a participant manual or Pocket Rescue Mask.

If you have questions regarding the lifeguarding course, please contact:

Neil R. Jones

Cell phone (412) 327-7940 or

Email: neiljones.swimcoach@yahoo.com

If you are interested in taking the lifeguarding course, please cut off the bottom of this form and mail by February 11, 2011 with payment to:

Norwin Aqua Club
Lifeguarding Course
PO Box 231
Irwin, PA 15642

Go to the Norwin Aqua Club website www.norwinaquaclub.org for additional registration forms.

I am interested in taking the Lifeguarding course sponsored by the Norwin Aqua Club.

Name: _____ Date of Birth: _____

Address: _____

Telephone: _____

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