

American Red Cross Lifeguard Training Certification



The purpose of the *American Red Cross Lifeguard Training* course is to teach candidates the knowledge and skills needed to prevent and respond to aquatic emergencies. Through online learning and hands-on practice, you will learn:

- Surveillance skills to help you recognize and prevent injuries and drowning
- Rescue skills - in the water and on land
- First Aid, Professional Rescuer CPR, AED - to help you prepare for any emergency
- Professional lifeguard responsibilities

Prerequisites/Pre-test: (Please note that a pre-test must be completed before enrollment is secured. Please schedule a pre-test with the Aquatics Supervisor, Tom LaCombe, at 918-684-6304 ext. 1461, tlacombe@muskogeparks.org).

- Minimum age of 15 years old (16 years old to work for City of Muskogee)
- Swim 300 meters continuously, using front crawl, breaststroke, or a combination of the two, demonstrating breath control and rhythmic breathing
- Swim 20 meters using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, and swim 20 meters back to the starting point with both hands holding the object, exit pool without ladder or steps, within 1 minute, 40 seconds
- Tread water for 2 minutes using your legs only

February 2019 Lifeguard Training Course Dates:

Session 1: Fri, Feb 1, 4 - 8 pm/ Sat, Feb 2, 8 am-5 pm/ Sun, Feb 3, 8 am-5 pm

Session 2: Wed, Mar 20, 4 - 8 pm/ Thu, Mar 21, 8 am-5pm/Fri, Mar 22 8 am - 5 pm

Session 3: Fri, Apr 19, 4 - 8 pm/ Sat, Apr 20, 8 am - 5 pm/ Sun, Apr 21, 8 am - 5 pm

(Approximately 20 hrs of on-site training; Approximately 7 hrs of online coursework and tests must be completed before the classroom and in-water sessions)

Location:

The training will take place at Muskogee Swim & Fitness Center, 566 N 6th Street, Muskogee, OK. There will be a short lunch break on the two longer days, please bring your lunch to conserve everyone's time. We will be in and out of the water so please bring extra towels and warm clothing.

COST: \$180 Lifeguard Training Course \$100 2 year renewal for those with current LG certification

Please make checks payable to: Muskogee Swim & Fitness Center. We accept Visa, MasterCard, & Discover

Enrollment Information:

Certifications include American Red Cross Lifeguard Training, First Aid, and CPR for the Professional Rescuer, and AED. Class size is limited. Minimum of six required to host a class. Payment must be made at least two days before the start date of class. Passing of pre-test is required before enrollment fee is collected to secure enrollment in the class. Once payment is received you will be given a link to register online. Attendance is mandatory each day. This certification is not a guarantee of employment. Attendance during all class time is required to complete the certification.

BLENDLED LEARNING LIFEGUARD TRAINING ENROLLMENT FORM

Name: _____ Birth Date: _____
(Must be 15 years old)

Home Address: _____ City: _____ Zip: _____

E-mail: _____ Home #: _____ Cell #: _____

PRE-TEST MUST BE COMPLETED BEFORE PAYMENT OR FORM IS SUBMITTED. DATE COMPLETED: _____

Payment Amount: _____ Payment Type: Cash CC Check# _____ Payment Date: _____
Session 1 _____ Session 2 _____ Session 3 _____ POS Receipt #: _____ Staff Initials: _____

After payment is received you must give a copy of the link to the online portion of the course.