

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: 20 hrs: Friday, February 1st 4:30-8:30 pm/ Saturday, February 2nd 8:00 am-5:00 pm/ Sunday, February 3rd 8:00 am-5:00 pm. (On-Site Training Dates; Approximately 7 hrs of online coursework and tests must be completed before or concurrently with classroom and in-water sessions)

Location:

The training will take place at Muskogee Swim & Fitness Center, 566 N 6th Street, Muskogee, OK. Saturday and Sunday there will be a one hour lunch break. 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: _____
POS Receipt #: _____ Staff Initials: _____

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