

AMERICAN RED CROSS LIFEGUARD CERTIFICATION

This course provides the necessary entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional level care of breathing and cardiac emergencies, injuries, and sudden illness until emergency medical services (EMS) personnel take over. The course fee includes certification in Lifeguarding, CPR/AED for Professional Rescuers and First Aid.

Participants must be at least 15 years old before the last in-person session. This class must have at least 5 participants in order to run. To successfully complete the course, you must attend all session dates, participate in all skills sessions/drills, activities and scenarios, demonstrate competency in all requirements and pass the final skills tests and written exam with a minimum grade of 80%.

COURSE TIMELINE:

Now through June 4: To ensure participants are prepared for the physical demands of lifeguarding, all candidates must successfully complete a prerequisite skills evaluation. Email Heather - hnitsch@sheboygancountymca.org 920-451-8000 ext.129 to schedule this as soon as possible. After successfully completing this eval, you are eligible to register for the class.

- Complete a swim-tread-swim sequence: Jump into the water, submerge, resurface swim 150 meters (using the front crawl breaststroke or a combination of both), maintain position at the surface of the water for 2 minutes by treading water using only the legs, then swim 50 meters using the front crawl, breaststroke or a combination of both.
- Complete a timed event within 1 minute 40 seconds by starting in the water, swimming 20 meters, surface dive (feet-first or head-first) to a depth of 7 to 9 feet to retrieve a 10-pound object, return to the surface, and swim 20 meters on the back to return to the starting point holding the object at the surface with both hands, exit the water without using a ladder or steps.

Friday, June 5: Deadline to register and have swim skills eval completed

- Online coursework will be emailed to participants who are registered and who have completed and passed their prerequisite swim skills evaluation.

June 6-13: Participants will independently complete the assigned online course work from home. The online course content is designed to be completed in approximately 6 hours.

In-Person Sessions:

Sunday, June 14th 9a-5p

Tuesday, June 16th 4-8p

Thursday, June 18th 4-8p

Saturday, June 20th 9a-5p

Sheboygan County Y Members \$225

Non-Members \$250

