

*City of Clinton*  
*Parks & Recreation Department*  
**2010 - American Red - Cross Lifeguard Course**

*10 most qualified students per class*

**Cost - \$85.00** - At time of registration a **\$10.00** - non refundable processing fee is due. Each LG candidate that successfully completes the ARC Life Guard pre-course testing listed below on March 15<sup>th</sup> (ACS are out for In Service) will pay the remaining \$75 fee on that date to be admitted to the course & receive their materials for pre – course study. If each student will thoroughly read the ARC Life guarding Manual before we begin the course, it will help everyone complete the course as scheduled. In the event that more time or less time is necessary for each day's lesson plan we will adjust accordingly. The American Red Cross requires each participant to successfully complete the following pre-requisites. Candidates must attend all classes to be eligible for an ARCLG certification. All classes will be held at the Clinton Community Center - CCC

**Pre-Course Testing – Monday – March 15<sup>th</sup> 11am to 4pm - Indoor Pool - Videos & Chapters 1 & 2**  
**Participants must provide proof of age at this time ex. Drivers license or permit. Course material will be handed out to those who pass this section. Feel free to bring a snack or money for vending machines to tide you over during videos we will be viewing after our in water time.**

**Pre-Requisites - Minimum requirements**

- 1.** Swim 300 yards continuously, using these strokes in the following order:
  - \*100 yards front crawl using a rhythmic breathing with a stabilizing kick.
  - \*100 yards of breaststroke using a pull / breathe, kick and glide sequence.
  - \*100 Yards of either front crawl or breaststroke or combination there of
- 2.** Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

***Course Outline***

**Monday – April 5<sup>th</sup> 8am to 4pm Chapters 4 & 5-Pg 49-84**

Final Written Exam-Section 1- Recognition & Response

**Tuesday – April 6<sup>th</sup> 8am to 4pm** Chapter 6-Pg 85 -100, Chapter 7-Pg 101-129, Chapter 8-Pg 130 -140

Final Written Exam Section 2–CPR/AED Part 1-30 Questions Part 2-10 Questions

**Wednesday– April 7<sup>th</sup> 8 to 4pm @ CCC** - Chapter 9 & 10-Pg141/183 - Final Skills Scenarios-In water

Final Written Exam - Section 3 – First Aid & Head, Neck & Back Injury

**Thursday – April 8<sup>th</sup> 8am to 4pm @ CCC** – 8 am until ? If we reach the end of the Thursday session and need more time to complete the materials or testing necessary to comply with the ARC standards we will meet again on Friday April 9<sup>th</sup> and stay until we accomplish those tasks.

Each Person should bring your lunch each day; we will have 30 minutes for meal. This will help with our time management we have vending machines for drinks or snacks. Listed above are the minimum water skills you are required to demonstrate before being admitted, more skills must be developed to pass this course. You must also correctly answer 80% of the questions on 3 Final Written Exams followed by the In-Water final skills scenarios. Come prepared each time we meet to be working in the water & out. We do not want to miss an opportunity to move forward because one person is not prepared. Any questions please call your American Red Cross Life Guard Instructor Jan Smith @ 457-0642 on Monday -Thursday 8am to 4pm.

**Friday – April 9<sup>th</sup>** is reserved as an additional day for any unresolved course issues to be completed.