

City of Clinton - Parks & Recreation Department

2012 - American Red - Cross Lifeguard Course

At time of registration a **\$10.00** - non refundable processing fee is due. **After passing Pre-Testing you pay remaining \$75 on 2/20/12 to then receive course materials & be admitted to the class.**

Total –Cost \$85.00 per student

Candidates must attend all classes to be eligible for an ARCLG certification. Each student is to thoroughly read the ARC Life guarding Manual before we begin the course, this 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. All classes will be held at the Clinton Community Center - CCC

Pre-Requisites Testing

Monday – February 20th President's Day No School 10am to 4pm CCC - Indoor Pool - Videos & Chapters 1 & 2. 10 most qualified students will be admitted. Participants must provide proof of age at this time ex. Drivers license or learners permit. Course material will be handed out to those who pass Pre-Requisites and pay the remaining \$75 fee. Feel free to bring a snack or money for vending machines. Material is covered by videos, written and skills testing. Be pre-pared each day for water and class room time.

Pre-Requisites - Minimum requirements – Age 15 or older

- 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

Saturday – March 3rd 8am to 4pm Chapters 4 & 5-Pg 49-84

Final Written Exam-Section 1- Recognition & Response

Sunday – March 4th 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

Saturday – March 10th 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

Sunday – March 11th 8am to??? @ CCC – At the end of Saturday 03/10th 2011 session if this group needs Additional time to complete the materials or testing necessary to comply with the ARC standards we will Meet again on Sunday March 11th.

Each Person should bring their lunch daily; we will have 30 minutes for a meal.. Vending machines are available for drinks or snacks at CCC. 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.

Questions please contact your American Red Cross Life Guard Instructor Trainer
Jan Smith @ 457-0642 Monday -Thursday 8am to 4pm