

LIFEGUARD TRAINING

In this course, you will learn the duties and responsibilities of a lifeguard and how to carry them out in a professional manner. You will also learn a number of lifeguarding techniques, such as how to use surveillance techniques; how to use the rescue equipment to help rescue a distressed swimmer, an active drowning victim, and a passive drowning victim; and how to manage a suspected spinal injury victim. These practices require strenuous activity. If you have a medical condition or disability that might prevent you from taking part in the practice sessions, or if you have any questions at all about your ability to participate fully in the Lifeguard Training course, you should discuss it with the appropriate person at your local chapter or unit before you start the course.

To enroll in a Lifeguard Training course, you must be at least 15 years old by the last day of class. There will also be a precourse session, in which you will be required to pass a skills test.

Purpose

The primary purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

Prerequisites – Candidates must:

1. Be at least 15 years old by the last day of class
2. Swim 300 yards, continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed.
3. Tread water for 2 minutes, using only the legs (hand placed under armpits)
4. Complete a timed event within 1 minutes 40 seconds:
 - a. Starting in the water, swim 20 yards. Swim goggles are not allowed;
 - b. Surface dive, head or feet-first, to a depth of 7-10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on the back and return to the starting point with both hands holding the object and keeping the face at or near the surface so that they are able to get a breath. Exit the water without using a ladder.

Upon completion of the American Red Cross Lifeguard Training course, you will receive a Lifeguard Training certificate. The Lifeguard Training Certificate, which includes First Aid Skills, is valid for 2 years. Along with the Lifeguard Training Certificate, you will also receive a certificate in CPR for the Professional Rescuer, which is valid for 2 years.

March 14-18, 2022

4:00 - 6:00 PM - Mesabi East Pool

Lifeguard Training Cost: \$100

Recertification Cost: \$75

1st 3 days are Skills Prerequisite Test and Introduction

You must register in the Community Education Office. If you have any questions, please contact the Com. Ed. Office at 229-3321, ext. 207.