

# American Red Cross Lifeguard Class

This course provides entry-level participants the knowledge and skills to prevent recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies injuries and sudden illnesses until EMS personnel take over. Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED valid for 2 years.

## Course Pre-requisites:

- Must be **at least 15 years old** on or before the final scheduled session of the course.
- Must be able to swim 150 yards continuously, tread for 2 minutes using only the legs, followed by a 50 yard swim.
- Complete a timed event within 1 minute :40 seconds (swim 20 yards, retrieve a 10 pound object, swim 20 yards with both hands on the object and exit the water).

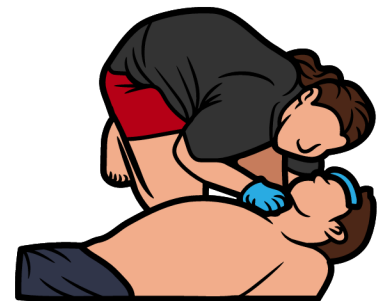
## Certification Requirements:

- Complete online content in its entirety prior to the beginning of the in-person skills sessions.
- Attend and participate in all class sessions.
- Demonstrate competency in all required skills and activities.
- Demonstrate competency in the final skills scenarios.
- Correctly answer at least 80% on the final written exam.



Dates & Times:  
June 4<sup>th</sup> & June 5<sup>th</sup>  
9:00am-4:30pm

Cost:  
\$200 (Resident)  
\$225 (Non-resident)  
\$75 (If applying to work for CREW)



**EMAIL TO REGISTER: [pricena@lodischoolswi.org](mailto:pricena@lodischoolswi.org)**  
**Registration Deadline: May 27<sup>th</sup>**  
**Questions or want to register? Email Natalie Price**  
**([pricena@lodischoolswi.org](mailto:pricena@lodischoolswi.org))**  
**Min. # participants required to hold course**