

Purpose

To teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies to prevent drowning and injuries.

Pre-requisites

- Minimum age of 15
- Swim 300 yards continuously, using these strokes in the following order:
 - 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick.
 - *Rhythmic breathing can be performed either by breathing to the side or to the front.*
 - 100 yards of breaststroke using a pull, breathe, kick and glide sequence.
 - 100 yards of either the front crawl or breaststroke. *This 100 yards may be a combination of front crawl and breaststroke.*
- 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, kick 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.

Learning Objectives

- Understand the value of behaving in a professional manner.
- Learn how to identify behaviors of a swimmer, distressed swimmer and an active or passive drowning victim.
- Understand the components of an emergency action plan and how to activate it.
- Understand the general procedures for an emergency occurring in the water or on land.
- Demonstrate how to perform equipment-based rescues.
- Learn how to provide first aid and how to care for sudden illnesses.
- Learn to prevent, recognize and care for breathing and cardiac emergencies.
- Learn how to recognize and care for possible head, neck or back injuries.

Instructor

A currently authorized American Red Cross Lifeguarding Instructor

Certification Requirements

- Attend all class sessions.
- Demonstrate competency in all required skills and activities.
- Demonstrate competency in the three final skill scenarios.
- Correctly answer at least 80 percent of the questions in the three sections of the final written exam.

Notes

The pre-requisite skills session takes place on the first day of class. **There are no refunds for candidates who do not successfully pass the pre-requisite skills session.**

Attendance to all class sessions is mandatory. Students more than 15 minutes late to any class session will not be admitted into class.

Final skill scenarios are given to test each participant's ability to effectively make decisions in emergency care and water rescues. Candidates are given only **one (1)** opportunity to successfully complete the scenarios during the course; unsuccessful participants must make arrangements with the instructor and the Northern New Jersey Chapter to reschedule the final skill scenarios – only **one (1)** make-up attempt will be permitted. Failure to successfully complete the final skill scenarios will result in failure of the course. **There are no refunds for participants who do not successfully complete the final skills scenarios.**

Participant Checklist

Bring to the First Class:

- Proof of Age – Original birth certificate, passport, or US Driver's license
- Course Participation Acknowledgement form with signature
- Optional:* Goggles (can be used **only** during the pre-requisite 300 yard swim)

Bring to All Class Sessions:

- Lifeguard Training participant manual
- 2 – 3 beach towels
- Swim suit – ladies, 1 piece racing or athletic suits; gents, board shorts or swim trunks
No two-piece ladies bathing suits or Speedos will be permitted.
- Optional:* Deck-wear, swim shirt or shorts for between in-water activities
- Comfortable clothing
- Notebook
- Writing implements – pens, pencils, highlighters
- 2 – 3 small snacks
- 2 – 3 beverages
- Lunch or dinner meal *for all day sessions*

Course Participation Acknowledgement

Incomplete forms will not be accepted. All approved forms will be kept on file until the end of this course. You can complete this form in Microsoft Word or print it to fill in by hand. The form must be submitted to the Instructor on the first day of the course.

PARTICIPANT INFORMATION

First Name	M.I.	Last Name		
Address	City		State	Zip
E-mail Address	Age		Gender	
Cell Phone #	Home Phone #			
Emergency Contact Name	Relationship			
Emergency Contact Cell Phone #	Home Phone #			

PARTICIPANT ACKNOWLEDGEMENT

I, _____, hereby acknowledge that I am aware of these pre-requisites, expectations and guidelines for the Lifeguarding course for which I have registered.

I acknowledge:

- no refunds will be made should I not successfully complete the course for any reason.
- the pre-requisite skills session takes place on the first day of the course.
- full participation during this course is essential. I must be able to swim, bend, stoop, sit, stand, run, reach and other physical activities.
- during the training I will be asked to participate in learning activities to practice life-saving skills and rescues, and that during these activities I may be unintentionally bumped, kicked or elbowed, etc.
- I may be asked to complete tasks or activities which are not limited to: homework and self-study, in-class activities, in-water skills practice and written and practical exams to successfully pass this training.
- all participants will be learning lifesaving skills, and wearing appropriate swimming attire is very important. I will be immediately dismissed from the course for inappropriate attire.
- class sessions must start and end on time to ensure all lessons are completed within the scheduled course time. I must be ready to participate in class activities by the start time and have transportation from the facility at the end time for each class session.

PARTICIPANT SIGNATURE

Participant Signature	Date	
Parent/Guardian Signature (if participant is a minor)	Parent/Guardian Name	Date