

## **American Red Cross Lifeguard Training:**

### **Session 1 Syllabus & Class Schedule**

**Course Location:** Baptist Healthplex  
102 Clinton Parkway  
Clinton, MS 39056  
(601) 925-7901

#### **Dates:**

- Session 1: April 25-28, 2019
- Session 2: May 9-12, 2019

**Fee:** **Payment is non-refundable due to limited class size & availability.**

\$250 for Non-members

\$220 for Healthplex members

#### **Required Materials:**

- Manual (digital copy will be emailed or you can order online from the Red Cross Store)
- Pen and pencil
- Adult and pediatric CPR resuscitation mask (can purchase on the first day for \$15)
- Lunch will not be provided. Students must bring their own lunches and snacks.
- Link to the online portion of the class - will be emailed after registration and payment are received (this MUST be completed prior to the first day of class)

#### **Precourse:**

- Minimum age is 15 years old.
- **Swim 300 yards continuously using front crawl and/or breaststroke.** Goggles may be used for this swim only.
- Swim 20 yards using front crawl or breaststroke, retrieve a 10-pound object from a depth of 7-10 feet, 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.**
- 2 minute tread water with no hands – out of water or tucked under armpits

#### **Attendance Policy:**

- Students must arrive on time and attend all sessions.

#### **Dress Code:**

- Students must come prepared to enter the pool on the specified days.
- Swimsuits must be professional and appropriate in appearance.
- **Females must wear a one-piece suit or modest tankini suit.**
- All students need multiple towels and changes of clothes (you will be in and out of the water - this should be based on your personal comfort level).
- No jewelry or make-up allowed during skill training.
- Students who wear contact lenses must be able to open their eyes under water.
- Eyeglasses or a contact lens case will be beneficial for students during training.

#### **Pass/Fail Policy:**

- **Refunds will not be available due to limited space and supplies.**
- Students must complete the online portion of the course prior to the first day of class (approximately 7 hours).
- Students must pass all pre-course skills before being able to continue the class.

- Students must pass written tests with a minimum score of 80%; all students must pass every skills test.
- Participants can and will be permanently removed from the class because of inappropriate attitude or behavior during the course.

**Certificates Issued:**

- Lifeguard Training and First Aid – valid for 2 years
- CPR/AED for the Professional Rescuer- valid for 2 years

**Class Schedules:** *(times and skills are subject to change)*

**Session 1:**

- Thursday, April 25: 6:00pm-10:00pm
- Friday, April 26: 4:00pm-8:00pm
- Saturday, April 27: 9:00am-6:00pm
- Sunday, April 28: 9:00am-2:00pm

**Session 2:**

- Thursday, May 9: 6:00pm-10:00pm
- Friday, May 10: 4:00pm-8:00pm
- Saturday, May 11: 9:00am-6:00pm
- Sunday, May 12: 9:00am-2:00pm

**For further questions, contact:**

*Kimberly Tarlton  
Aquatics Director  
601-925-7946*