

American Red Cross Lifeguard Training:
Session Syllabus & Class Schedule

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

Dates:

- Session: March 9-13, 2020

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

- Monday, March 9: 11:00am-4:00pm
- Tuesday, March 10: 11:00am-3:00pm
- Wednesday, March 11: 11:00am-4:00pm
- Thursday, March 12: 11:00am-3:30pm
- Friday, March 13: 11:00am-2:00pm

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

\$250 for Non-members

\$220 for Healthplex members

Required Materials:

- 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**)
- Manual (digital copy will be emailed or you can order online from the Red Cross Store)
- 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.
- Pen and pencil

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

For further questions, contact:

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