

# Glastonbury Parks and Recreation Department

## January 2024 Lifeguard Training Class

### Lifeguard Participants:

Thank you for your participation in the American Red Cross Lifeguard Training class.

Class includes Lifeguard Training, AED, Standard First Aid, and CPR certifications. The class will meet on the following days and times and places. Class meets on all days listed below.

Because of the long days, please plan to bring lunches & snacks. Please also be reminded that students **MUST ATTEND ALL CLASSES**. The American Red Cross requires full participation.

	<u>GHS Pool</u>	&	<u>Class room - TBD.</u>
<b>Saturday, January 6</b>	<b>10:30 a.m.-1:30 p.m.</b>		<b>2:00-5:30 p.m.</b>
<b>Sunday, January 7</b>	<b>8:00 -11:30 a.m.</b>		<b>11:30 a.m.-3:00 p.m.</b>
<b>Saturday, January 13</b>	<b>10:30 a.m.-3:30 p.m.</b>		
<b>Sunday, January 14</b>	<b>8:00 a.m.-12:00 p.m.</b>		

### NOTE: Some of this may change

This class will be a blended learning process where students will be required to watch about 7 hours of video **prior to the first class**. Students must bring a printed copy of proof that they have completed the online version to the first in-person class on January 7. Students may be turned away without proof.

### The URL for online learning

<https://www.redcrosslearning.com/course/73031950-15c1-11e7-b4e0-51657ecd06af>

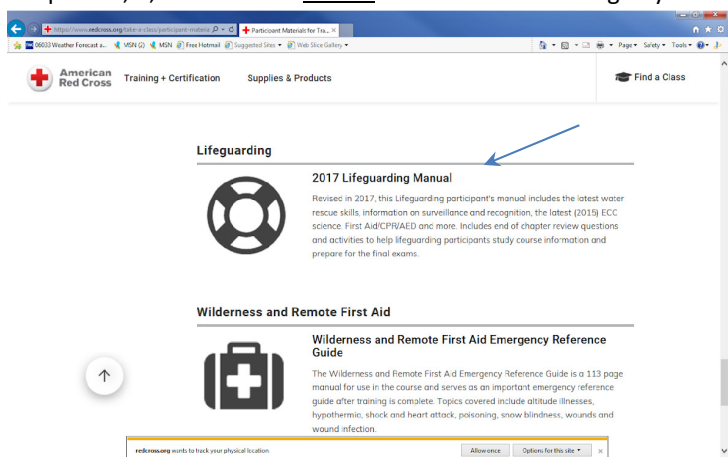
You will need to create a username and password.

### Access to Digital Manual

Go to <https://www.redcross.org/take-a-class/participant-materials> to download the Lifeguard Training manual onto your laptop, iPad etc. scroll down to the bottom under the "2017 Lifeguarding Manual" heading. No charge for doing this. **NOTE: Best works on Google.**

### Pre-Class Reading Assignment:

Due to the intensity of this course, there is a reading pre-assignment. In the American Red Cross Lifeguarding manual, please have Chapters 3, 6, 7 and 8 read before our first class meeting day on January 7 as well as review skills on pages 169-179.



### COVID-19 Requirements

- If you have any of the symptoms of COVID-19 or feel sick, please do not attend the class. Contact the instructor immediately.
- Please note: there will be some physical contact between students especially when in the water performing rescues as per American Red Cross requirements, but we will minimize as much as possible.
- While locker rooms are available, students are encouraged to come in their bathing suits.

**What to bring to class**

- Please bring a notebook and pen/pencils to each class
- Bring lunch and drink. It may be possible students can leave for lunch depending on how quickly the class moves.

The 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 care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services personnel take over. To enroll in the Lifeguarding course, you must be at least 15 years old before the last scheduled class session. To participate in the course, you must be able to pass a prerequisite skills evaluation that includes the following:

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. You may swim using the front crawl, breaststroke, or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs. You should place your hands under your armpits.
3. Complete a timed event within 1 minute, 40 seconds.
  - Starting in the water, swim 20 yards. Your face may be in or out of the water. Swim goggles are not allowed.
  - Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
  - Return to the surface and swim 20 yards on your back to return to the starting point with both hands holding the object while keeping your face at or near the surface so you are able to get a breath. You should not swim the distance underwater. Exit the water without using a ladder or steps.

The prerequisite skills evaluation will occur on the first day of the course. Please bring a swimsuit and towel for the skills evaluation and for every class.

To successfully complete the course, you must attend the entire course, participate in all skill sessions/drills, activities and scenarios, demonstrate competency in all required skills and scenarios and pass the final written exams with a minimum grade of 80 percent.

The practice sessions will require some strenuous physical activity. You are encouraged to check with your health care professional before participating in the practice sessions. If a medical condition or disability exists that might prevent participation in the activities, or there are questions about fully participating in the Lifeguarding course, please contact me to discuss this before the course begins. If you have had the COVID-19 virus in the last year, please check with your doctor prior to participating as well.

While goggles are permitted in some instances, many times during the pool sessions they are not allowed. Please make the appropriate arrangements for the removal and safe storage of any corrective eyewear, as needed.

Upon successful completion of the course, you will receive an American Red Cross certificate for Lifeguarding/ First Aid/CPR/AED, valid for 2 years.

**If you have questions, please contact me, Tom Morway, directly at (860)633-2538.**