

Glastonbury Parks and Recreation Department

January 2025 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. Class will meet at the following days and times and places. Attendance is required at all class times to meet the American Red Cross standards

Because of the long days, please plan to bring lunches & snacks.

| | <u>GHS Pool</u> | <u>GHS Class room (F207)</u> | <u>(P&R office) Multi-Purpose Room</u> |
|--------------|------------------------|-------------------------------------|---|
| Sat. Jan. 4 | 10:30a-3:00p | 7:00-10:30 a.m. | |
| Sun. Jan. 5 | 10:30 a.m.-3:00 p.m. | 7:00-10:30 a.m. | |
| Sat. Jan. 11 | 11:30a-3:00p | | 7:00-11:00 a.m. |
| Sun. Jan. 12 | 7:00-12:00 p.m. | | |

NOTE: Please come to the Parks and Recreation office to pick up your Lifeguard Training Book. Office hours are Monday-Friday 8:00 a.m.-4:30 p.m.

Supplies Needed:

- Please bring a notebook and pen/pencils to each class
- Wear comfortable clothing for the classroom work.

Pre-Class Assignment:

Due to the intensity of this course, there is a reading pre-assignment. In the American Red Cross Lifeguarding manual, please read before our first-class meeting day on January 4

Chapters 3 (pages 48-54), Victim Recognition

Chapter 5 (pages 104-119), Responding to Emergencies

Chapter 6 (pages 124-130 & skill sheets 143-176) Water Rescues

Chapter 7 (pages 188-200) Emergency Care

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:

Two Distance/Times Events

1. Swim freestyle or breaststroke 150 yards, tread water without using arms for 2 minutes, swim 50 yards. Goggles may be used.
2. Swim 20 yards, do a surface dive to depth of 7-10 feet, retrieve a 10-pound diving brick from the bottom and return to the surface, swim 20 yards holding the brick at the surface, then climb out of the pool. Goggles may not be used.

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.

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.