

AMERICAN RED CROSS COURSE DESCRIPTIONS

Lifeguard Course

Certification includes: Lifeguard, Waterpark, CPR/AED for the Professional Rescuer, and First Aid. Participants must be 15 years of age on or before the end date of the course.

Pre-course Swim Requirements:

- 300-yard continuous swim of freestyle and/or breaststroke. Swimming on back or side is not permitted. Goggles are allowed
- Swim 20 yards using freestyle or breaststroke, use surface dive to retrieve a 10-pound brick from 7-10 feet deep water, return to the surface, swim back to the starting point on your back and exit the water without use of a ladder in 100 seconds. During swim with the brick, face must be out of the water and both hands must be on the brick. Goggles are not allowed.
- Tread water, legs only and without support or stopping, for two minutes. Participant should have hands under armpits and head must remain above surface of the water.

Participants must attend all dates, complete online pre-course work, pass pre-course swim requirements, pass all written tests, and complete all physical skills to obtain certification. *No makeup days will be offered. No refunds will be offered if failure to pass.*

Online course work **must be** completed by prior to the first day of class. If it is not completed you will not be allowed to participate and refunds are not offered.

Water Safety Instructor

Teaches principals of instruction to prospective swim lesson instructors. Candidates should have a good understanding of swimming strokes and be able to demonstrate each and have the will to learn and teach: front crawl, backstroke, breaststroke, butterfly, and sidestroke.

Ages: 16 years old and up

Lifeguard Instructor

Trains instructor candidates to teach American Red Cross Lifeguarding, Shallow Water Lifeguarding, Waterfront Skills, Waterpark Skills, CPR/AED for the Professional Rescuers and Health Care Providers, Administering Emergency Oxygen and Bloodborne Pathogens.

Ages: 17 years old and up

CPR Instructor

Trains instructor candidates to teach American Cross CPR/First Aid/AED or CPR for the Health Care Provider courses and other components depending on course level offered.

First Aid/CPR/AED Courses

Various course components can be taught together. We offer Adult, Child, Infant CPR/AED for the Lay Rescuer, CPR/AED for the Professional Rescuer and Health Care Provider, AED training, First Aid, Bloodborne Pathogens, and Oxygen Administration.

Course Fee: varies on class

Babysitter's Training

Ages 11 – 16 Learn the knowledge and skills necessary to safely and responsibly provide care for children and infants. This two-day training will help participants develop leadership skills, learn how to develop a babysitting business, keep themselves and others safe, help children behave, and learn about basic child care and first aid. Each participant will receive a Babysitter's Certification card with completion of the class. CPR skills for children and infants are taught and second certification issued upon completion and passing the written exam.

If more information is required for any of the above descriptions you will find it at [Red Cross Training](#) | [Take a Class](#) | [Red Cross](#)