

AMERICAN RED CROSS LIFEGUARD COURSE



Lifeguard/Water Park/CPR for Professional Rescuer/AED/First Aid

WHO:

Anyone of any age 15 or older wanting to become a lifeguard. **Must be 15 years old by last day of the class to be enrolled.**

WHEN:

Feb 29—Mar 3

- 29th – 5– 6:30pm
- 1st – 4pm–8pm
- 2nd – 9am–4pm
- 3rd – 9am–4pm

NOTE: class may get done earlier or later depending on class size.

HOW:

Give us a call at 605-394-5223

OR

Register online at this link:

<https://rapidcity.activityreg.com>

WHERE:

125 Waterloo Street
Rapid City SD, 57701

CONTACT:

teaghan.slagle@rcgov.org

This class is offered via a blended learning format; requiring students to complete online coursework before attending in person sessions. Once registered, the lifeguard candidate **MUST** contact Teaghan Slagle via e-mail to obtain link for online course work by February 19th to ensure enough time to complete. When emailing/registering for the class please have an email in your name only the system does not allow emails not registered as the participants name. If online work is **NOT** done by February 29th you will be placed in the next available class, there is a transfer fee of \$25 to be placed in the next class.

Once registered for the course, candidates will also have access to practice swimming at the Swim Center, **THIS IS HIGHLY RECOMMENDED.** A certificate will be issued upon successfully completing online course work before attending in-person sessions, passing the written tests, completing in water skills and pre-course swim skills. **NO refunds are offered due to unsuccessfulness of skills**

Pre-Course Swim Skill are February 29th - These skills are the physical skills that are necessary to move on in the course. Bring a swim suit (please no bikini's) and proof of course completion to class on February 29th.

1. Complete a swim-tread-swim sequence without stopping to rest: Jump into the water and totally submerge, resurface then swim 150 yards using the front crawl, breaststroke or a combination of both. (Swim goggles are allowed). After 150 yards maintain position at the surface of the water for 2 minutes by treading water with no hands. Finish by swimming 50 yards using the front crawl, breaststroke or a combination of both.
2. Starting in the water, swim 20 yards using front crawl or breaststroke, use surface dive to retrieve 10 pound brick from 7-10 feet deep water, swim 20 yards back to starting point, exit water without use of ladder or steps. During swim with the brick, face must be out of the water, laying on back and both hands must be on brick. Candidate has 1 minute 40 seconds to complete this skill; goggles not allowed.