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**FOR HEALTHY LIVING**  
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# **SAFETY STARTS WITH YOU**

**Lifeguard Training**  
**C.B. Pennington, Jr. YMCA**

This course is designed to provide the participants with the knowledge and skills needed to be a lifeguard and professional rescuer. Participants will be certified in Basic Life Support (CPR/AED), Basic First Aid, and Emergency Oxygen Administration. The course presents information on the skills and knowledge lifeguards need in pool, lake, river, surf, and water park environments. The comprehensive course offers up-to-date information on how to lifeguard by anticipating and preventing problems before they occur and by taking action to help those in danger when necessary. Course covers safety skills, accident prevention, scanning, guarding techniques, emergency systems, rescue skills, first aid in aquatic environments, spinal injury management, open water dangers, legal responsibilities, pool management, and information on how to get a job as a lifeguard.

### ITEMS TO BRING:

- Swim suit
- Towel
- Pen
- Picture ID (for proof of age)
- Minor Participants Permission Form (for participants 16-17 years of age)

### PREREQUISITES

Minimum age of 16 by the last day of the scheduled course. Those under the age of 18 must have parental consent to participate in the course.

## PHYSICAL COMPETENCY

### REQUIREMENTS:

(CONDUCTED IN CLASS ON THE FIRST DAY)

#### PHASE 1

- Tread water for 2 minutes (legs only)
- Swim 100 yards of front crawl (under 2 minutes)

#### PHASE 2

- Swim 50 yards of each:
  - » Front crawl with the head up
  - » Sidestroke
  - » Breaststroke
  - » Breaststroke with the head up
  - » Elementary backstroke kick with hands on the chest
- Perform a feet-first surface-dive in 8 to 10 feet of water (or maximum depth of training facility). Then swim under water for 15 feet.

#### PHASE 3

- Starting in the shallow end of the water, sprint for a distance of approximately 60 feet then perform an arm-over-arm surface dive in 8 to 10 feet (or maximum depth of training facility)
- Pick up an object (dive ring) from the bottom of pool, surface and tread water for at least one minute with legs only, replace the object back to the bottom of the pool where it was found
- Swim the remaining length to end of pool, and hoist yourself out of water
- Immediately begin compression on an adult manikin for one minute or 100 compressions, stand and listen to directions from instructor



# LIFEGUARD CLASS SCHEDULES

Day 1 will include course orientation, assignment of the e-learning materials, and the physical competency test.

Participation is required each day of the session.

Make up classes are not available.

## Spring Session 1

Day 1: April 13 6:30pm-8:30pm

Day 2-4: April 18 – 20 8am – 6pm

## Spring Session 2

Day 1: April 28 5pm-7pm

Day 2: May 5 4pm-8pm

Day 3: May 6 8am-5pm

Day 4: May 7 8am-5pm

Day 5: May 8 5pm-9pm

## Spring Session 3

Day 1: May 12 5pm-7pm

Day 2: May 19 4pm-8pm

Day 3: May 20 8am-5pm

Day 4: May 21 8am-5pm

Day 5: May 22 5pm-9pm

## Summer Session 1

Day 1: May 26 5pm-7pm

Days 2-4: June 2-4 8am-5pm

## Summer Session 2

Days 1: June 9 5pm-7pm

Day 2-4: June 16-18 8am-5pm

## Summer Session 3

Day 1: June 23 5pm-7pm

Days 2-4: June 30-July 2 8am-5pm

### To register online:

- Go to [ymcabr.org](http://ymcabr.org)
- Click on "Register for Programs" on the right hand side of the page then click "Enroll" on the next page.
- Find the class by branch, by category, or by typing "lifeguard" into the search box.
- Choose your desired session and proceed to checkout once the class has been added to your cart.
- Follow the prompts to log in to your member account or create a new non-member account.
- Print out and bring the completed registration form on the first day of class.

\*E-mail will be the primary method of communication for information related to the lifeguard class. Please enter a valid e-mail address when creating a new non-member account.



# REGISTRATION FORM

## FEE

YMCA Member: \$160

Program Participant: \$200

## FOR DETAILS PLEASE CONTACT

Aquatics Department - [cbpaquatics@ymcabr.org](mailto:cbpaquatics@ymcabr.org)

225-272-9622

\*Financial Assistance is available for those who qualify

### Circle your desired session:

Spring Session 1

Spring Session 2

Spring Session 3

Summer Session 1

Summer Session 2

Summer Session 3

Name ..... Birthdate ..... / ..... / .....

Address ..... City/Zip .....

Phone # ( ..... ) ..... - .....

Email **Participant's personal email is required.** .....

I have read and understand the prerequisites for this course. I understand that there will be lifeguarding e-learning and CPR, First Aid, and Emergency Oxygen e-learning that I must complete before Day 2 of the class. I understand that if I am unable to complete the prerequisites or do not pass this course (participants must have 100% class attendance, pass 100% of the water skills test, and receive an 80% on each written test in order to become certified) I will not receive a refund for this course.

X

Signature

Date

X

Parents' Signature (if under 18)

Date

### CANCELLATION, MISSED CLASSES & FAILED PREREQUISITES:

Participants that cancel this course 5 days or less prior to the start of the course will be issued a 50% refund.

Makes ups for missed classes are not available. Participants that miss any portion of this course will not be able to continue with the course and a refund or credit will not be issued.

\*If you are not sure you can pass the physical competency test please schedule an appointment with our Aquatics Department prior to registering. After Day 2 of the course no refunds or credits will be issued for failure to complete on-line training or not successfully completing any other aspect of this course.

### CERTIFICATION RENEWALS

THE FOLLOWING CERTIFICATIONS ARE

GOOD FOR TWO YEARS

- YMCA Lifeguard
- Basic First Aid
- Emergency Oxygen Administration

THE FOLLOWING CERTIFICATION IS

GOOD FOR ONE YEAR

- Basic Life Support (CPR/AED)