



# DEEP WATER LIFEGUARD CERTIFICATION COURSE JANUARY 5-7

Class will meet Friday Jan, 5; 5:30pm -9:00pm, Saturday Jan. 6 and Sunday Jan. 7; 8:00am-4:30pm. For ages 15.5 and up. **\*\*We will travel to WI School for Visually Handicapped for water skills portions\*\***

**REGISTRATION FEE:** Member: \$200 Non-Member: \$250 (includes \$50 non-refundable deposit)\* \$50 non-refundable deposit required at time of registration. After you pass the pre-course test you will be required to pay the remaining amount.

**COURSE MATERIALS:** Participant will receive his/her own course outline at time of registration. Participants will receive whistle and CPR mask on the first day of class along with course handbook. Please bring a suit, towel, sack lunch, snacks, pen, change of clothes, CPR mask, whistle and handbook every day.

**PURPOSE:** 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 (EMS) personnel take over.

**PREREQUISITES:** 1. Must be 15.5 years old on or before the final scheduled session of this course. 2. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back—side is not allowed. Swim goggles may be used. 3. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits. 4. Complete a timed event within 1 minute, 40 seconds. Starting in

the water, swim 20 yards. The 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 the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. Exit the water without using a ladder or steps.

**LENGTH:** Approximately 25 hours, 20 minutes

**CERTIFICATION REQUIREMENTS:** Attend and participate in all class sessions. Demonstrate competency in all required skills and activities. Demonstrate competency in all required final rescue skill scenarios. Pass both the Section 1—CPR/AED for the Professional Rescuer and First Aid and Section 2—Lifeguarding Skills final written exams with minimum grades of 80 percent.

**CERTIFICATE ISSUED AND VALIDITY PERIOD:** American Red Cross certificate for Lifeguarding/First Aid/CPR/AED: 2 years

For more information contact PollyAnna Perdue at (608) 754-9622 or at pperdue@ymcajanesville.org.

## YMCA OF NORTHERN ROCK COUNTY

Downtown Janesville - 608.754.YMCA - 221 Dodge St. Janesville, WI 53548

Parker - 608.868.YMCA - 1360 Parkview Dr. Milton, WI 53563

www.ymcajanesville.org

### Red Cross Lifeguard Course Form—One Form Per Person

Register by mail, in person or fax credit card information to 608-754-9024 attention PollyAnna.

Participant's Name: \_\_\_\_\_  Male  Female Age: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_  Member  Non-Member

#### Payment Method

- Cash (in person only)
- Check # \_\_\_\_\_
- Credit Card  Visa  Master Card

\*Refunds may only be issued if the YMCA cancels a program

Name on Card \_\_\_\_\_

Card # \_\_\_\_\_

Expiration Date \_\_\_\_\_

3-Digit Verification Code (on back of card) \_\_\_\_\_

Signature \_\_\_\_\_

**AMOUNT ENCLOSED** \_\_\_\_\_