

SHEBOYGAN FALLS AQUATIC CENTER



Prerequisites

Must be 15 years old and pass swimming requirements

Swimming & Skills Test Date

Thursday, May 1—6:30-8:00 pm

Class Dates and Times

Friday, May 2—5:00 pm-9:00 pm
Saturday, May 3—8:00 am-4:00 pm
Sunday, May 4—11:00 am-4:00 pm

Cost

\$125.00—payable to SFAC
\$35.00—payable to Red Cross (see inside)
Includes: Online books and materials & certifications in Lifeguarding/First Aid & CPR/AED for Lifeguards

Sheboygan Falls Aquatic Center
220 Amherst Ave
Sheboygan Falls, WI 53085
(920) 467-7827

American Red Cross Lifeguard Training

Count on the American Red Cross for the best training on how to be safe in, on, and around the water. The American Red Cross has been the leader in swimming and lifeguarding since 1914. Now the winning tradition continues with an exciting new collection of courses designed to make learning easier and to help you benefit from the latest research on instructional techniques. No matter what kind of training you need, we have a program to match!

The School District of Sheboygan Falls shall not discriminate on the basis of gender, race, national origin, ancestry, religion, age, sexual orientation, pregnancy, marital or parental status, or physical/mental/emotional/learning disability in its education programs, activities or employment.

If you have any questions or concerns regarding this policy, please contact the Title IX Coordinator; District Office; School District of Sheboygan Falls, 220 Amherst Avenue; Sheboygan Falls, WI 53085 or call (920) 467-7893

SHEBOYGAN FALLS AQUATIC CENTER

220 Amherst Avenue
Sheboygan Falls, WI 53085

Phone: (920) 467-7827

Website: www.sheboyganfalls.k12.wi.us/recdept

E-Mail: BRHansen@sheboyganfalls.k12.wi.us

Lifeguard Training Blended Learning Course

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.

The course content and activities of this class will prepare participants to make appropriate decisions about the care to provide in an aquatic and medical emergency.

Lifeguarding Blended eLearning

The eLearning component has been designed to instruct participants in the knowledge-based aspects of the lifeguarding course, along with making them familiar with the skills that they will practice and master during the facility portion of the training. Instructors should conduct brief, guided discussions on key eLearning topics to ensure that participants' questions are answered.

Criteria for Course Completion and Certification

Upon successful completion of the Lifeguarding course, participants receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED or Shallow Water Lifeguarding (up to 5 feet)/First Aid/CPR/AED.

To successfully complete the Lifeguarding course, the participant must:

- Attend and participate in all class sessions.
- Complete all eLearning units.
- Demonstrate competency in all required skills and activities.
- Demonstrate competency in all required skills and activities.
- Demonstrate competency in all required final rescue skill scenarios.
- Pass Section I—Lifeguarding/Shallow Water Lifeguarding Skills final written exams with minimum grades of 80 percent

Lifeguarding course prerequisite skills:

1. 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 or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
3. 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

What You Will Learn

American Red Cross training makes learning fun and easy. Through classroom, on-line learning and hands-on practice, you'll learn:

- Surveillance skills to help you recognize and prevent injuries
- Rescue skills—in the water and on land
- First aid training
- CPR for the professional rescuer
- How to help and how to prepare for any emergency
- Professional lifeguard responsibilities like interacting with the public and addressing uncooperative patrons

*Blended Learning Registration Link

If you are a new user of Red Cross programs, you will need to follow these course registration steps:

1. Send your e-mail address to fmbrown1955@gmail.com
2. Go to: <https://classes.redcross.org/Saba/Web/Main> and create a profile.
3. Click the New User link to get started.
4. After you have created and ARC Profile you will receive an e-mail from the American Red Cross.
5. Copy & paste the link we send you directly in your browser
6. Log into your ARC learning center.
7. Go to "My Learning" tab and register for the Lifeguard Training Blended Learning Course.

Lifeguard Training Blended Learning Course Registration

Due to the course material a maximum of 10 students will be allowed to enroll in the class.

Name: _____

Phone: _____

Age: _____

Address: _____

City / Zip: _____

E-Mail: _____

Cost:

\$125.00—Payable to SFAC (Due with registration—refunded if candidate does not pass Skills Test)

\$35.00—Online payment to American Red Cross
*(See Blended Learning Registration Link on opposite page)



Return form & \$125.00 fee to:

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