

Anchor Bay Aquatic Center 586-716-4623
American Red Cross Lifeguard Training Course Outline

- Must be at least 15 years of age to participate
- Cost \$125: Includes Instruction, Books, Training, Certifications: Lifeguard, C.P.R./ AED and First Aid

**Class #1: Saturday May 9:
12:00 – 4:00**

**Pool: Pre- Course Requirements:
500 yard Swim: 200 Free; 100 Breast; 200 Mix Strokes
Retrieve 10 lbs. Object from pool bottom/ return to surface
Tread Water for 2 minutes
Class Room: Upon Pre- Course Completion: Final Registration
Review Chapter 1 & 2;
Video- Lifeguard Responsibilities; Prevention, Facility Outlines**

**Class # 2: Tuesday May 12
5:00 – 9:00 p.m.**

**Class Room: Chapters 3 – 5 ; review previous chapters
Video and Applications: Patron Surveillance, Facility Use
Emergency Preparation, Rescue Skills
Pool: 250 yard Swim; Rescue Skills Application**

**Class #3: Thursday May 14
5:00 – 9:00**

**Class Room: Video Spinal Injury Prevention/ Management
Pool: 300 yard Swim: Scenarios: Preventive Methods
Spinals: shallow, deep, holds, EAP's**

**Class # 4: Saturday May 16
9:00 – 4:00**

**Class Room: Chapter 4 & 6: Video CPR
Emergency Preparations with Breathing and Cardiac Emergencies
Practical Skill Application: CPR/ AED/ First Aid**

**Class #5: Tuesday May 19
5:00 – 9:00 p.m.**

**Pool: Deck & Swim Class Observation: Surveillance
Emergency Action Plans; Chapters 1 – 4
Class Room: Chapters 7, 6 & 8**

**Class #6: Thursday May 21
5:00 – 9:00 p.m.**

**Pool: 400 yard Swim; Deck Guard during Swim Lessons ~
Facility Surveillance and Scenarios
Role Play Situations Chapter 1 – 8**

**Class #7: Tuesday May 26
5:00 – 8:00 p.m.**

Class Room: Review & Test

Class outline can be altered based on number of participants and overall learning comprehension

