



American Red Cross Lifeguard Courses

The purpose of the American Red Cross Lifeguard program is to provide entry-level Lifeguard participants with the knowledge and skills to prevent, recognize and respond to emergencies and to provide care for injuries and sudden illnesses until emergency medical services (EMS) personnel arrive to take over.

Course Fee: Members \$180 Residents \$185 Non-Residents \$195
(Fee includes book and pocket mask)

Course Dates: **#1 - March** 12,15,16,17,18 **#2 - March** 26,27,28 **April** 2,3
 #3 - April 16,17,18,24,25 **#4 - May** 7,8,9,15,16
 #5 - June 4,5,6,7,8

Course schedule information available on our website at www.bcmud.org

A pre-course test is required on the first day. Please bring birth certificate or driving license on the first day, participants must be 15 years of age on or before the final scheduled day.

1. Swim 300 yards continuously, using these strokes in the following order:

- 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick. (Rhythmic breathing can be performed either by breathing to the side or to the front.)
- 100 yards of breaststroke using a pull, breathe, kick and glide sequence.
- 100 yards of either the front crawl or breaststroke. The 100 yards may be a combination of front crawl and breaststroke.

2. Object retrieval: Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7–10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

3. Failure to pass the swimming portion will result in failure to continue with the rest of the class.

Upon completion, each participant will receive an American Red Cross Universal Certificate indicating Lifeguard and First Aid, valid for 3 years also an American Red Cross Universal Certificate indicating CPR/AED for the Professional Rescuer, valid for 1 year.

If you have questions about the course, contact the Aquatics Dept at 255 7871 x212 or email s.molyneux@bcmud.org

Sign up online at www.bcmud.org or call 255-7871

