



**American
Red Cross**

LIFEGUARD COURSE

**August 13-17, 2018 from 8 am-4:30 pm
Register by August 6, 2018**

SUCCESSFULLY COMPLETING THE LIFEGUARD COURSE INCLUDES:

1. Being at least 15 years old on or before the final scheduled session of the course; proof required.
2. Completing all prerequisite skills:
 - a. 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.
 - b. Tread water for two minutes using only the legs. Candidates should place their hands under their armpits.
 - c. Complete a timed event within 1 minute and 40 seconds. Without using goggles, swim 20 yards after starting in the water and submerge to a depth of 7-10 feet to retrieve a 10-pound brick. Return to the surface and swim on back with both hands on brick and face above the water using a supporting kick to the starting point. Exit the water without using a ladder or steps in the allotted time.
3. After completing prerequisites, additional requirements to pass the course:
 - a. Attend and actively participate in all sessions on all days of scheduled class
 - b. Demonstrate competency in all required skills
 - c. Pass final skill scenarios
 - d. Pass final written exam with at least 80% correct

*Upon successful completion of the lifeguard class the participant will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED that is valid for two years from the course completion date.

*This course is a combination water and classroom course at the Avon Aquatic Facility. Please bring a swimsuit, goggles, towel, water bottle, lunch, Lifeguarding manual (hard copy or electronic), and pen and paper each day.

COST

With City of Avon Lifeguarding Application: \$185.00
(<https://www.cityofavon.com/DocumentCenter/View/4343>)
Certificate Only: \$200.00

Space is limited! Register today
online at

https://www.activityreg.com/ClientPage_t1.wcs?clientid=AVON&siteid=1

ADDITIONALLY, STUDENTS ARE REQUIRED TO PURCHASE:

- **The American Red Cross Lifeguarding manual**
(<https://www.redcross.org/store/books-and-dvds/lifeguarding-and-learn-to-swim>) or download
(<https://www.redcross.org/take-a-class/participant-materials>)
- **An adult/pediatric pocket mask** (\$10 from AAF or available online)



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