

American Red Cross Lifeguard Training Certification



The purpose of the *American Red Cross Lifeguard Training* course is to teach candidates the knowledge and skills needed to prevent and respond to aquatic emergencies. Through online learning and hands-on practice, you will learn:

- Surveillance skills to help you recognize and prevent injuries and drowning
- Rescue skills - in the water and on land
- First Aid, Professional Rescuer CPR, AED - to help you prepare for any emergency
- Professional lifeguard responsibilities

❖ **Prerequisites/Pre-test:** (You must pass the pre-test and submit an application before enrollment. Once an application is received, your spot will be secured. Please schedule a pre-test by calling 918-684-6304 or email gwhitaker@muskogee parks.org).

- **Prerequisite 1:** Complete a swim-tread sequence without stopping to rest:
 - Jump into water and totally submerge, resurface then swim 150 meters using the front crawl, breaststroke or a combination of both.
 - Maintain position at the surface of the water for 2 minutes by treading water using only the legs
 - Swim 50 meters using the front crawl, breaststroke or a combination of both.
- **Prerequisite 2:** Complete a timed event within 1 minute, 40 seconds:
 - Swim 20 meters using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-lb object, return to the surface and swim 20 yards back to the starting point, holding the object with both hands, exit the water without using a ladder or step.

May 2024 Lifeguard Training Course Dates:

Session 1: May 17th, 4:00pm-8:30pm/ May 18th, 8:30am-5:30pm/ May 19th, 8:30am-5:30pm

(Approximately 21 hrs of on-site training; Approximately 6 hrs of online coursework and tests must be completed **before** the classroom and in-water sessions)

Location:

The training will take place at Muskogee Swim & Fitness Center, 566 N 6th Street, Muskogee, OK. There will be a short lunch break on the two longer days, please bring your lunch to conserve everyone's time. We will be in and out of the water so please bring extra towels and warm clothing.

COST: \$50 taken from first paycheck of City of Muskogee employment

Please make checks payable to: Muskogee Swim & Fitness Center. We accept Visa, MasterCard, & Discover

Enrollment Information:

Certifications include American Red Cross Lifeguard Training, First Aid, and CPR for the Professional Rescuer, and AED. Class size is limited. Minimum of six required to host a class. Payment must be made at least two days before the start date of class. Passing of pre-test is required before enrollment fee is collected to secure enrollment in the class. Once payment has been received, you will be given a link to register online. Attendance is mandatory each day. This certification is not a guarantee of employment. Attendance during all class time is required to complete the certification.

BLENDLED LEARNING LIFEGUARD TRAINING ENROLLMENT FORM

Name: _____ Birth Date: _____
(Must be 15 years old)

Home Address: _____ City: _____ Zip: _____

E-mail: _____ Home #: _____ Cell #: _____

PRE-TEST MUST BE COMPLETED BEFORE PAYMENT OR FORM IS SUBMITTED. DATE COMPLETED: _____

Payment Amount: _____ Payment Type: Cash CC Check# _____ Payment Date: _____

Session 1 _____ Session 2 _____ Session 3 _____ Session 4 _____ POS Receipt #: _____ Staff Initials: _____

After application has been received, you must give a copy of the link to the online portion of the course.