

## American Red Cross Lifeguard Training

You must be 15 years old and proficient in the front crawl (freestyle), sidestroke, and breaststroke. Lifeguard training is a 25.5 -hour course, which includes CPR for the Professional Rescuer (CPR/PR) and AED. In this course, you will learn about the duties and responsibilities of a lifeguard and how to carry them out in a professional manner. You will also learn a number of lifeguarding skills, such as surveillance techniques, how to use rescue equipment and how to manage a suspected spinal injury victim. These practices require strenuous activity. If you have a medical condition or disability that might prevent you from taking part in the practice sessions or if you have any questions at all about your ability to participate fully in the Lifeguard Training course, you should discuss it with the appropriate person at your local American Red Cross chapter or unit before you start the course. There will also be a pre-course session, in which you will be required to pass a skills test.

**The skills you will perform are as follows:**

- Swim 300 yards continuously demonstrating breath control and rhythmic breathing
- Tread water for 2 minutes using only the legs
- Complete a timed event within 1 minute, 40 seconds
  - Starting in the water, swim 20 yards
  - Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object
  - Surface and swim 20 yards on back with both hands holding object
  - Exit the water without using a ladder or steps

Upon successful completion of the American Red Cross Lifeguard Training course, you will receive an American Red Cross Lifeguard Training certificate. The Lifeguard Training certificate, which includes First Aid skills, is valid for two years. Along with the Lifeguard Training certificate, you will also receive a certificate in CPR for the Professional Rescuer, which is valid for two year.

### To register for Lifeguard Training

- You may register in person at the Centennial Sportsplex or call (615) 862-8480
- Payment will be required at the time of registration.
- Class fee: \$177.00 - Davidson Co. resident / \$192.00 - non-Davidson Co. resident
- Lifeguarding manual can be downloaded for free or purchased at [www.redcross.org](http://www.redcross.org)
- Pocket Mask can be purchased at [www.redcross.org](http://www.redcross.org)

In order to be eligible for a resident fee, the user must **reside** in Davidson County. Anyone found giving false information about residency to purchase a membership or class would be barred from purchasing the same in the future. Refunds will not be available to anyone giving false residential information.

Date \_\_\_\_\_  
Name \_\_\_\_\_ Age \_\_\_\_\_  
List other American Red Cross certifications \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Phones: \_\_\_\_\_ (day) \_\_\_\_\_ (night)  
Name of Class \_\_\_\_\_ Session Dates \_\_\_\_\_ Time \_\_\_\_\_  
County of residence \_\_\_\_\_  
E-mail address \_\_\_\_\_

**Refund Policy:** Refund request must be done 10 days prior to the start of the class that the participant is registered for. No refunds will be given for those who do not show up for the start of the class. Refunds can be given to those who do not complete the pre-requisite portion only and to those who request 10 days prior to the start of the class. Those who pay cash or check refund will take up to 6 weeks to process. Those who pay with credit cards can be refunded in 24 hours.