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| ***We hold a lifeguard class each May at Athens high school Pool. Those that need to recert can do so at this time.***  ***May 2019 -***  ***dates/times***  5/2 Thursday 5-6 pretest/registration- need a suit/ googles optional  5/7 Tu 5:30-8:30  5/8 Wed 5:30-8:30  5/11 Sat 8:00-11:00  5/14 Tu 5:30-8:30 CPR/AED/CHOKE  5/15 Wed 5:30-8:30 first aid  5/22 Wed 5:30-8:30  5/28 Tu 5:30-8:30  6/1 Sat 8:00-11:00 written test and final practice  6/04 Wed 5:30 - 8:30 water rescue test  6/08 Sat make up as needed  **Lifeguard manual is free** to the public and found online. (don't try to print... too many pages) (a print copy is available for purchase at an additional cost)  <http://www.redcross.org/take-a-class/program-highlights/lifeguarding#lifeguarding>  on the above link, find Manual for a pdf version of the official lifeguard manual (start studying now)  [http://t2.gstatic.com/images?q=tbn:ANd9GcTFmI7L2t3XXWAkAxSQvTTStZuieGA7avvB3rOmznGbjxOGv64-:brentwoodcommons.com/wp-content/uploads/2013/04/Lifeguarding.png](http://www.google.com/imgres?imgurl=http://brentwoodcommons.com/wp-content/uploads/2013/04/Lifeguarding.png&imgrefurl=http://brentwoodcommons.com/summer-adventures-at-brentwood-commons/red-cross-lifeguard-training/&h=693&w=488&tbnid=Jh_Oav4w8ETnAM:&zoom=1&q=lifeguard&docid=V2884cd5ZczIOM&hl=en&ei=LJRqU7bcCc2YyASp9YCYDw&tbm=isch&ved=0CHEQMygUMBQ&iact=rc&uact=3&dur=1283&page=2&start=11&ndsp=14)Those who already have lifeguarding and are recertifying need to take the final skills test for CPR/AED and LIFEGUARD  RESCUE WATER TEST plus the WRITTEN TEST. Current guards will also need to demonstrate swimming skills during the PREREQUISITE SWIM TEST. Currently certified guards are also encouraged to practice skills and/or demonstrate during the regular scheduled class times. Cost approx. $45 for two-year cert in LG and CPR/AED/first aid  http://t2.gstatic.com/images?q=tbn:ANd9GcSFpPTROK3JDQzMpYkQKzVs_8s_BSlrrlaFuk6arB90_NGMe-Zf:www.tsc.utexas.edu/images/rescue_training.jpg  **NEW LIFEGUARDS** Cost approx. $70 for two-year cert in LG/CPR/AED/first aid  \* **Must be 15** years old by the final day of the offered class  \* Must pass PREREQUISITE **SWIM TEST on first evening**  swim test includes: 300 yd swim using sidestroke, breaststroke, and freestyle  underwater test: swim 15-20 yd, surface dive retrieve 10# brick, return to start without using hands (both hands on brick) and removing self and brick from pool under time(no goggles allowed) and Treading water with no hands for at least a minute.  \* course length minimum of 24-28 hours  \*need a personal breathing barrier kit (included in the price for new lifeguards)  GENERAL OUTLINE each student is expected to be present for all classes. if not, contact the instructor immediately.  day 1 Course introductions and prerequisite swim test 1 hr  day 2 Lifeguarding duties and assists 3hr  day 3 Lifeguarding victum recognition and rescues 3hr  day 4 rescues part 2 3hr  day 5 cpr/aed/choking 3hr  day 6 first aid 3hr  day 7 head neck back injuries on land and in water 3hr  day 8 advanced lifesaving and practice senearios 3hr  day 9 written test and water skills senerio tests 3hr  day 10 award certificates 2hr  questions: [mkeister@athensasd.org](mailto:mkeister@athensasd.org)  TO REGISTER FOR THE CLASS: send an email to the above address between 4/11 and 5/1. If there are any dates that pose a problem, indicate that in the email. You should also provide email and phone number and any concerns or questions about the class. Class size is limited.  While lifeguards are in high demand, passing the course does not always result in job placement. The instructor will be happy to help you find a job in lifeguarding and/or recommend you for a related placement. |