

LIFEGUARDING CLASSES

We hold a lifeguard class each spring (April – June) at the Athens Area HS school Pool. Those that need to recertify can do so at this time.

Offering **TWO** sessions Spring 2023 (PICK ONE)

Session 1:

1. Friday, March 31 6:00-7:00
2. Wednesday, April 12 6:00 – 8:30
3. Thursday, April 13 6:00 – 8:30
4. Wednesday, April 19 6:00 – 8:30
5. Thursday, April 20 6:00 – 8:30 CPR
6. Friday, April 21 6:00 – 8:30 CPR
7. Wednesday, April 26 6:00 – 8:30
8. Thursday, April 27 6:00 – 8:30
9. Tuesday, May 2 6:00- 8:30
10. Wednesday, May3 6:00- 8:30
11. Thursday, May 4 6:00 – 8:30

. Session 2:

1. Friday, May 5 6:00-7:00
2. Tuesday, May 9 6:00 – 8:30
3. Wednesday, May 10 6:00 – 8:30
4. Tuesday, May 16 6:00 – 8:30 CPR
5. Wednesday, May 17 6:00 – 8:30 CPR
6. Tuesday, May 23 6:00 – 8:30
7. Wednesday, May 24 6:00 – 8:30
8. Thursday, May 25 6:00 – 8:30
9. Tuesday, May 30 6:00- 8:30
10. Wednesday, May 31 6:00- 8:30
11. Thursday, June 1 6:00 – 8:30

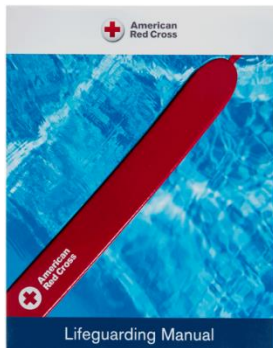


Manual required for all.

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 ~ **\$35 - \$40 extra**)

(Start studying now) You may need to search, "Red cross online lifeguard manual" (Copyright 2017) as a pdf. Download the file to a laptop or tablet. You may want to bring it to class as a reference.

NEW LIFEGUARDS



Cost approx. **\$75** 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 retrieves 10# brick, return to start without using hands (both hands on brick) and removing self and brick from pool under 100 seconds (no goggles allowed) and Treading water with no hands for at least a minute.

* Course length minimum of 24-28 hours

*All lifeguards need a personal breathing barrier kit (Included in the price for new lifeguards)

GENERAL OUTLINE each student is expected to be present and participating 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 victim 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 scenarios 3hr
day 9 written test and water skills scenario tests 3hr
day 10 award certificates 2hr

RECERTIFICATION: Cost approx. **\$45** includes two-year certification in Lifeguarding and CPR/AED/FIRSTAID 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 (first night). Currently certified guards are also encouraged to practice skills and/or demonstrate during the regular scheduled class times.

Questions: mkeister@athensasd.org

TO REGISTER FOR THE CLASS: send an email to the above address at least 24 hours before the first class.

You should also provide session, email, phone number and any concerns or questions about the class.

If there are any dates that pose a problem, indicate that in the email.

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.