

Lifeguard Training

Location:

The Beautiful Camp James Ray

Times:

August 5-7 2016 Participants must attend all sessions
August 5 7 p.m. – 10 p.m. (dinner will not be provided)
August 6 8 a.m - 10 p.m.
August 7 8 a.m. – finish Expect to be finished in the evening
These times are approximate and may be adjusted.

Bring:

Lunch for Saturday and Sunday we will most likely do a working lunch.
Money for meals and/or food for meals Food will not be provided. We will most likely order pizza on Saturday night.
Snacks for throughout the course. Meals may be at irregular times.
Copy of Completed Medical Form Part A and B

Cost:

\$125 (BSA members) \$35 to add Waterfront module the following week
Circle Ten Summer Camp Staff with signed contracts eligible for supplemented course fee.
Note on Cost: This class is only available to members of the Boy Scouts of America (BSA/Venturing/Sea Scouts/Leaders).

Certifications:

Participants successfully completing the written and practical portions of the class will receive certifications in American Red Cross Lifeguarding and CPR/AED and First Aid.
BSA lifeguard will not be offered.

Prerequisites:

These skills will be tested on Friday! Students who are unable to demonstrate these skills proficiently will not be allowed to continue with the course. Students unable to complete these skills can register for a later course or will be eligible for a partial refund.

1. Students swim 300 yards using front crawl or breaststroke face must be in the water. Goggles may be used
2. Students must swim 20 yards retrieve a 10 lb dive brick in 7-10 feet on water and return to starting point in less than 1:40. Goggles may not be used
3. Students must tread water for 2 minutes with hands underneath armpits.
4. Students must also pass BSA swimmer test
5. Students must be 15 years old to receive certification

Note to Participants:

This weekend will be very strenuous and fast paced. Students should be physically and mentally prepared. Materials should be reviewed before class. Students must pass a written test.

Materials available at <http://www.redcross.org/participantmaterials>

Note: Books will not be provided to keep as a part of the course. If a student wishes to keep the book, they must purchase one. The cost is approximately \$35

Accommodations:

A campsite will be reserved to sleep in if students do not want to drive each day. Youth (according to BSA) may only stay overnight if in compliance with BSA YPT Requirements. Course Instructors will not provide this leadership overnight.

For more information contact Circle10Aquatics@gmail.com or 214-738-5487. Students must register and pay in advance. Registration will be available on Campmaster.