

Lifeguard Training

Course 1 - April 28-30, 2017 Participants must attend all sessions April 28th 7 p.m. – 10 p.m. (no dinner) April 29th 8 a.m - 10 p.m. April 30th 8 a.m. – Finish Expect to be finished in the evening	Course 2 - May 19-21 2017 participants must attend all sessions May 19th 7 p.m. – 10 p.m. (no dinner) May 20th 8 a.m - 10 p.m. May 21st 8 a.m. – Finish Expect to be finished in the evening
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These times are approximate and may be adjusted. Participants must attend all times for the course they signed up for.

Location: Camp Wisdom

Bring: **Copy of Completed Medical Form Part A and B**
Lunch for Saturday and Sunday we will most likely do a working lunch in order to finish at a reasonable time
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.

Cost: \$125 (BSA members)
Circle Ten Summer Camp Staff with signed contracts eligible for reduced/supplemented course fee.
Discount code available from your aquatic director or camp director.
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. Dress for the weather. 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. Lodging is available in the leadership center for \$50. Youth (according to BSA) may only stay overnight if an adult from that unit is present. Female youth staying overnight must have a female adult present overnight. For more information contact Circle 10 aquatics at Circle10Aquatics@gmail.com or 214-738-5487. Students must register and pay in advance. Registration will be available on Campmaster.