

Waterfront Lifeguard and BSA Lifeguard Add on

This course for those who are already certified as a Red Cross Lifeguard

This course can also be used to re certify BSA Lifeguard, but waterfront module can only be given to Red Cross LGs

Location:

Camp James Ray

Times:

August 12-14 2016. Participants must attend all sessions

August 12 7 p.m. – 10 p.m. (dinner will not be provided)

August 13 8 a.m - 10 p.m.

August 14 8 a.m. – finish Expect to be finished around noon

These times are approximate and may be adjusted.

Bring:

Lunch for Saturday 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, CPR Mask and Hip Pack, (Mask appropriate for in water ventilation) (Must purchase for \$20 if not brought),

Goggles (for Prerequisite), Swimsuit, Towel, Sunscreen, Mask and Fins (optional), camping supplies

Copy of Completed Medical Form Part A and B

Copy of lifeguard certification including CPR and First Aid Certifications. (Lifeguard certification are not valid without CPR for the Professional Rescuer and First Aid certification)

Cost:

\$50 +\$20 additional for Waterpark (Discount for course if included in August LG Course Registration)

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 Waterfront Lifeguarding Skills. Those wishing to receive BSA Lifeguard must complete additional requirements see note to participants.

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. **All students must be 15 years old.**

1. 750 yard swim/ tread water:

Swim 550 yard using front crawl and breaststroke face must be in water. At least 100 yards must be of front crawl and breaststroke.

Immediately afterword swim 200 yards with 100 yards each of sidestroke and elementary backstroke.

Immediately afterwords tread water for 2 minutes. Hands underneath armpits.

2. 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. Swim 5 yards, Submerge and retrieve 3 dive rings 5 yards apart while submerged in 4-7 feet of water resurface and swim 5 yards on surface.

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.editiondigital.net/publication/?i=95090>

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

Students wishing to pursue BSA Lifeguard must study the provided packet before the course and may have to complete supervised lifeguarding outside this course

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 Circle 10 aquatics at Circle10Aquatics@gmail.com or 214-738-5487. Students must register and pay in advance. Registration will be available on Campmaster.