# Lifeguarding Certification

# Welcome Packet

Thank you for enrolling in the Lifeguarding course hosted by SwimRVA Safety School!   Our goal is to elevate safety to make aquatics accessible to people of all ages and ability levels.  As a lifeguard, you will provide a safe environment which welcomes more people to the world of aquatics. Completing this certification is a valuable first step in helping to create that access.

We look forward to seeing you for the course, but there are some important things you will need to know.

**Class Location:**   *Collegiate School Aquatics Center*
*5050 Ridgedale Parkway*
*Richmond, VA 23234*

**Dates /Times:**   *An email reminder will be sent to the registration email address the day before the class.  If you are uncertain about which session you are signed up to attend, please call our member service representatives at 804-271-8271.*

*Occasionally, the schedule may change slightly, but only if ALL students in the class agree to the changes.  Also, depending on class size and how well students practice their skills, class may end before the published end time for the day.  In these cases, students will be able to call for a ride prior to the end of class.*

The purpose of the SwimRVA Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies.  You will learn to provide care for breathing and cardiac emergencies, injuries and sudden illnesses. You will also be introduced to SwimRVA's core values – Teamwork, Motivation, Work Ethic, Honesty, and Cleanliness – all while testing for an American Red Cross certification in Lifeguarding, CPR & AED for the Professional Rescuer, First Aid, with included opportunity for certification in Administering Emergency Oxygen, and Bloodborne Pathogens.

Before the class begins, you need to attend one of our pre-requisite sessions, called **Guard Ready**. They are scheduled at multiple points during the year to fit your schedule http://swimrichmond.org/safety-school/schedule.htm There you will:

1. Show proof of age: you need to be 15 by the last scheduled day of your class.

2. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. You may swim using the front crawl, breaststroke or a combination of both. Swimming on the back or side is not allowed. This is the *only* portion of the class where swim goggles are allowed.

3. Complete a timed event within 1 minute, 40 seconds.

   - Starting in the water, swim 20 yards with your face out of the water. Goggles not allowed.
   - Surface dive, feet-first or head-first, to a depth of 7'7" to retrieve a 10-pound dive brick.
   - Return to the surface and swim 20 yards on your back to the starting point with **both hands holding the brick**, keeping your face at or near the surface so you are able to get a breath. You should not swim the distance under water. Candidates must exit the water without using a ladder or steps.

4. Tread water for 2 minutes using only the legs. You should place your hands under your armpits or behind your back.

Guard Ready provides coaching to help you successfully complete the pre-requisites for the class, plus any help you need with Blended Learning (see below). Strong swimming ability is the foundation of every lifeguard's ability to save the people they protect on a daily basis.

## LIFEGUARDING BLENDED LEARNING

Blended learning combines online learning with in-person skills sessions where you will practice skills and demonstrate competency. Please plan to complete all eLearning modules, including the CPR/AED for Professional Rescuers and First Aid final eLearning exam, *at least two days* prior to your first in-person skills session. Most participants complete the eLearning portion of the course in approximately 7 hours. Your experience may vary widely based on several factors including your PC, internet speed and previous training. I recommend beginning the online session as soon as possible to ensure that you are able to complete all eLearning modules prior to the first in-person skill session.

Access the eLearning content using the following link:

http://redcrosslearning.com/course/73031950-15c1-11e7-b4e0-51657ecd06af

After creating a log in using your email address and password, click "Launch Course" to begin.

Print or take a screen shot of your online course completion record available at the conclusion of the eLearning course and bring it to the first in-person skill session. It will read "Proceed to Skill Session".

Please be prepared to show that you completed the eLearning content using one of the following methods.
1. Print or take a screen shot of your online course completion record available at the conclusion of the eLearning course and bring it to the first in-person skill session. It will read "Proceed to Skill Session".
2. Be prepared to login to the eLearning course on the first in-person skill session to display the completion status that appears above the "Launch Course" button.

You may not begin the class without this work done, but *we are here to help*. ted.quinn@swimrichmond.org Do not let online learning be a barrier - we can assist in multiple ways.

**Other notes:**

Bring a swimsuit and towel for Guard Ready and for every class session.

As an added precaution, it is suggested that students who use contact lenses plan accordingly. Goggles are permitted for the 300 yard swim only. Goggles may not be used for any other in-water portion of the course.

Students will be going back and forth between classroom and pool environments and are encouraged to bring 2 towels and warm clothes to change into. Students will also be allowed to eat and drink during class and there will also be appropriate breaks for meals. Please bring food to eat, there are very few options nearby for purchasing food. Students under the age of 18 cannot be permitted to leave the facility due to safety concerns.

SwimRVA will require that a signed waiver be completed and returned to the front desk or instructor prior to the start of the course. This waiver document is on the next page of this welcome packet. You may also get a paper copy of this at the front desk prior to the start of Guard Ready. Please arrive with enough time to fill out this short form prior to the start time.

There are some fees that may be applicable if a student needs to cancel their enrollment, switch to another class or is unable to pass Guard Ready. For more details about these fees, please visit our frequently asked webpage at www.swimrichmond.org/safety-school/faqs.htm. A description of these fees is also included in the second section of the waiver.

To successfully attain American Red Cross certification, students must attend all of the scheduled course sessions; participate in all skill sessions/drills, activities and scenarios, demonstrate competency in all required skills and scenarios, and pass the final written exams with a minimum grade of 80 percent on each section. *The practice sessions will require some strenuous physical activity*. You are encouraged to check with your healthcare professional before participating in the practice sessions, if you have any concerns about being able to complete the required skills. If a medical condition or disability exists that might require adaptation for participation in the activities, or there are questions about fully participating in the Lifeguarding course, please contact me to discuss this before the course begins. This may also be discussed with your instructor during Guard Ready. Upon successful completion of the course, you will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years. SwimRVA's course also includes a certification in Administering Emergency Oxygen, valid for 2 years. These certifications will be sent electronically to the student's email provided on the first day of the course. These can be printed or emailed to prospective employers at your convenience. Hard copy certificates are available upon request at a fee of $10 per card.

If you have further questions, please feel free contact member services directly at (804) 271-8271 or you can email Ted Quinn at ted.quinn@swimrichmond.org.

Good Luck!

***SwimRVA Safety School***
*Authorized Provider for the American Red Cross*

Attachments:

SwimRVA Safety School Waiver and Photo Release

# SwimRVA Safety School Waiver, Policies, and Photo Release

## Waiver – *Please Read & Sign*

I hereby recognize and acknowledge that my or my child's participation in recreational activities may involve bodily and/or emotional injury to myself and/or my child. In consideration of myself and my child being able to participate in such events, I, for myself, child(ren), heirs, executors and administrators, hereby voluntarily and knowingly indemnify and hold harmless, defend, release, waive, and discharge SwimRVA and its officers, employees and volunteers from any and all suits, claims or liability, including negligence. I therefore agree to pay for all medical, hospitalization or any other expenses resulting from my or my child's participation. I hereby authorize SwimRVA staff to act on my behalf in accordance with their best judgment in case of an emergency involving me or my child(ren),

and agree to assume full responsibility for all expenses, medical or otherwise, that may arise there from.

**Signature**               **Printed Name**             **Date**
*(Parent/Guardian if participant is under 18)*

## Safety School Policies – *Please Read & Sign*

I hereby recognize and acknowledge the policies below regarding me or my child(ren)'s registration with the SwimRVA Safety School.

- This document is due to the course instructor on or before the first scheduled day of each course. This may also be turned into the Front Desk prior to the course or at Guard Ready.
- Payment is due in full at the time of registration to reserve a space on the course roster.
- Each registrant must attend a Guard Ready class prior to the first scheduled day of the Lifeguard course.
- Any withdrawal/ cancellation of course registration must occur no less than 10 calendar days prior to the start of the course. Cancellations occurring within 10 days will be refunded, less a Cancellation Fee ($50 for the full lifeguarding course or $35 for the lifeguarding review).
- Any change in registration for the course session (switching classes) must occur no less than 10 calendar days prior to the start of the course. Changes in registration occurring within 10 days will be subject to a $25 Change Fee.
- Any loaner textbooks that are not returned on the final day of the course must be replaced at a cost of $40.

All fees are at the discretion of SwimRVA Safety School Director, Ted Quinn. Any disputes of fees should be directed to Mr. Quinn's attention at ted.quinn@swimrichmond.org.

**Signature**               **Printed Name**             **Date**
*(Parent/Guardian if participant is under 18)*

## Photography Release – *Please Read & Sign*

I hereby irrevocable consent to and authorize the use and reproduction by SwimRVA or anyone authorized by SwimRVA of any and all photographs and videos which might be or have been taken of my child during the program for any purpose whatsoever without compensation to me for future promotional purposes.

**Signature**               **Printed Name**             **Date**
*(Parent/Guardian if participant is under 18)*