



**Lifeguarding Review**

**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 of your community 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](#)

*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](tel:804-271-8271).*

**Dates /Times:** *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 at least 90 min prior to the end of class.*

The purpose of the American Red Cross Lifeguarding Review course is to provide currently certified lifeguards with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services personnel take over. You will also be introduced to SwimRVA's core values – Teamwork, Motivation, Work Ethic, Honesty, and Cleanliness – all while recertifying in American Red Cross Lifeguarding, CPR & AED, First Aid, Administering Emergency Oxygen, and Bloodborne safety training.

To enroll in the Lifeguarding Review course, you must already meet the minimum requirements to be a lifeguard, and also have a current, unexpired ARC lifeguarding certification. Please bring a copy of your certification to the first class or email it to [brad.burton@swimrichmond.org](mailto:brad.burton@swimrichmond.org). It is also very important that every student be able to pass the prerequisite swim tests prior to continuing the course. Strong swimming ability is the foundation of every lifeguard's ability to save the people they protect on a daily basis. To participate in the course, you must be able to pass a skill evaluation that includes the following:

1. 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.
2. Complete a timed event within 1 minute, 40 seconds.
  - Starting in the water, swim 20 yards with your face out of the water. Goggles are prohibited.
  - 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 and swim 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.
3. Tread water for 2 minutes using only the legs. You should place your hands under your armpits or behind your back.



The prerequisite skills evaluation will occur at the beginning of the first day of the course. Please bring a swimsuit and towel for the skills evaluation and for every class. As an added precaution, it is suggested that students who use contact lenses plan accordingly for the course. Goggles are permitted for the 300 yard swim, but 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 as the classrooms can feel rather cold after a couple of hours in the pool. Students will also be allowed to eat and drink during class and there will also be breaks for lunch on the full days of the course. Please bring a lunch to eat. there are very few options nearby for meals and 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 fill out and turned into 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 the prerequisite testing. 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 the prerequisite testing. For more details about these fees, please visit our frequently asked webpage at [www.swimrichmond.org/safety-school/faqs.htm](http://www.swimrichmond.org/safety-school/faqs.htm). A description of these fees is also included in the second section of the waiver.

To successfully complete the course, 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. The practice sessions will require some strenuous physical activity. You are encouraged to check with your health care 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 at during the prerequisite swim testing session. Upon successful completion of the course, you will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years. As an added value and due to the increasing number of facilities with oxygen equipment, SwimRVA's course also includes a certification in Administering Emergency Oxygen, also valid for 2 years. This certificate 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 for a small fee.

If you have further questions, please feel free contact member services directly at (804) 271-8271 or you can email Brad Burton at [brad.burton@swimrichmond.org](mailto:brad.burton@swimrichmond.org).

Good Luck!

### **SwimRVA Safety School**

*Authorized Provider for the American Red Cross*

Attachments:

Health Precautions and Guidelines during Training  
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**

*(Parent/Guardian if participant is under 18 years old)*

**Printed Name**

**Date**

### 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.
- Payment is due in full at the time of registration to reserve a space on the course roster.
- 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.
- Failure to pass the prerequisite swim testing on the first day of any lifeguarding course, a refund will be issued for the amount paid, less a \$50 Evaluation Fee for the full lifeguarding course or \$35 for the lifeguarding review.
- 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 Director of Operations, Brad Burton. Any disputes of fees should be directed to Mr. Burton’s attention at [brad.burton@swimrichmond.org](mailto:brad.burton@swimrichmond.org).

**Signature**

*(Parent/Guardian if participant is under 18 years old)*

**Printed Name**

**Date**

### 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**

*(Parent/Guardian if participant is under 18 years old)*

**Printed Name**

**Date**



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## Health Precautions and Guidelines During Training

The American Red Cross has trained millions of people in first aid and cardiopulmonary resuscitation (CPR) using manikins as training aids. The Red Cross follows widely accepted guidelines for cleaning and decontaminating training manikins. **If these guidelines are adhered to, the risk of any kind of disease transmission during training is extremely low.**

To help minimize the risk of disease transmission, you should follow some basic health precautions and guidelines while participating in training. You should take precautions if you have a condition that would increase your risk or other participants' risk of exposure to infections. Request a separate training manikin if you—

- Have an acute condition, such as a cold, a sore throat or cuts or sores on the hands or around your mouth.
- Know you are seropositive (have had a positive blood test) for hepatitis B surface antigen (HBsAg), indicating that you are currently infected with the hepatitis B virus.\*
- Know you have a chronic infection indicated by long-term seropositivity (longterm positive blood tests) for the hepatitis B surface antigen (HBsAg)\* or a positive blood test for anti-human immunodeficiency virus (HIV) (that is, a positive test for antibodies to HIV, the virus that causes many severe infections including acquired immunodeficiency syndrome [AIDS]).
- Have had a positive blood test for hepatitis C.
- Have a condition that makes you unusually likely to get an infection.

To obtain information about testing for individual health status, visit the CDC Web site at [www.cdc.gov/ncidod/diseases/hepatitis/c/faq.htm](http://www.cdc.gov/ncidod/diseases/hepatitis/c/faq.htm).

After a person has had an acute hepatitis B infection, he or she will no longer test positive for the surface antigen but will test positive for the hepatitis B antibody (anti-HBs). Persons who have been vaccinated for hepatitis B will also test positive for the hepatitis antibody. A positive test for the hepatitis B antibody (anti-HBs) should not be confused with a positive test for the hepatitis B surface antigen (HBsAg).

**If you decide you should have your own manikin, ask your instructor if he or she can provide one for you to use.** You will not be asked to explain why in your request. The manikin will not be used by anyone else until it has been cleaned according to the recommended end-of-class decontamination procedures. Because the number of manikins available for class use is limited, the more advance notice you give, the more likely it is that you can be provided a separate manikin.

## GUIDELINES

In addition to taking the precautions regarding manikins, you can further protect yourself and other participants from infection by following these guidelines:

- Wash your hands thoroughly before participating in class activities.
- Do not eat, drink, use tobacco products or chew gum during class.
- Clean the manikin properly before use.
  - For some manikins, this means vigorously wiping the manikin's face and the inside of its mouth with a clean gauze pad soaked with either a fresh solution of liquid chlorine bleach and water ( $\frac{1}{4}$  cup sodium hypochlorite per gallon of tap water) or rubbing alcohol. The surfaces

- should remain wet for at least 1 minute before they are wiped dry with a second piece of clean, absorbent material.
- For other manikins, it means changing the manikin's face. Your instructor will provide you with instructions for cleaning the type of manikin used in your class.
- Follow the guidelines from your instructor when practicing skills such as clearing a blocked airway with your finger.

## **PHYSICAL STRESS AND INJURY**

Successful course completion requires full participation in classroom and skill sessions, as well as successful performance in skill and knowledge evaluations. You will be participating in strenuous activities, such as performing CPR on the floor. If you have a medical condition or disability that will prevent you from taking part in the skills practice sessions, please let your instructor know so that accommodations can be made. If you are unable to participate fully in the course, you may “audit” the course and participate as much as you can or desire. To audit a course, you must let the instructor know before the training begins. You will *not* be eligible to receive a course completion certificate.

*\*A person with a hepatitis B infection will test positive for the HBsAg. Most people infected with hepatitis B will get better within a period of time. However, in some people hepatitis B infections will become chronic and will linger for much longer. These people will continue to test positive for HBsAg. Their decision to participate in CPR training should be guided by their physician. After a person has had an acute hepatitis B infection, he or she will no longer test positive for the surface antigen but will test positive for the hepatitis B antibody (anti-HBs). People who have been vaccinated for hepatitis B will also test positive for the hepatitis antibody. A positive test for anti-HBs should not be confused with a positive test for HBsAg.*