



City of Richmond

American Red Cross Lifeguard/ First Aid/ CPR/ AED Course

Provides entry-level participants 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 EMS personnel take over.

Dates: February 16-24, 2018

Times:

Fri 2/16	4:30-8:30pm	Tu 2/20	10am-5pm	Fri 2/23	10am-5pm
Sat 2/17	4:30-8:30pm	Wed 2/21	10am-5pm	Sat 2/24	4:30-8:30pm
Sun 2/18	10am-2pm	Th 2/22	10am-5pm		

Location: Richmond Swim Center - 4300 Cutting Blvd (*next to Kennedy High School*)

***Cost:** \$35 for pre-course only
\$125 Residents/\$165 Non-Resident **(inquire about a scholarship if you are committed to working as a Lifeguard at City of Richmond)**

Mandatory Pre-Course Test (location TBD):
Th 2/8, 7:00pm (make up on Th 2/15, 7pm)

Participants must complete the following successfully:

- ✓ Swim 300 yards continuously (front crawl, breaststroke, or combination)
- ✓ Tread water for 2 minutes using only legs
- ✓ Timed event: Swim 20 yards, surface dive in 7+ feet water, retrieve a 10 lb object from bottom, swim back to side holding object, exit pool without use of ladder

**Participants register & pay separately for pre-course & LG Training. All fees are non-refundable, so if you are uncertain about passing the pre-course, you may pay \$35 just for the pre-course, then register & pay for the course after passing.*

To receive American Red Cross Certificate in Lifeguarding/ First- Aid/ CPR/ AED, valid for two years, participants must:

- Be at least 15 years of age by 2/24/18
- Pass the pre-course test
- Attend all classes
- Demonstrate competency in all required skills, activities, and final rescue scenarios
- Correctly answer at least 80 percent of the questions in both sections of the final written exam

Additional Information:

Daily sessions involve in and out-of-water segments. Breaks are provided. Please bring swim suit, towel(s), goggles, 1-2 warm changes of clothing, snacks, lunch/dinner & water each day.

Advanced registration required. Please do not register for the course until after passing the pre-course test. You may then pay online, or bring exact cash or a check to pay for the course. Min/Max: 4/16 – class will be canceled if we do not have 4 students

For Registration information, call (510) 620-6793. For course & scholarship information, call 620-6831.