



American Red Cross Lifeguard Training 2020

Anchor Aquatics

410-956-0744

DATES AND TIMES

Session One:

Feb 26, Wed : 7-9pm
Mar 18, Wed : 5-10pm
Mar 20, Fri : 5-10pm
Mar 21, Sat : 9am-6pm
Mar 22, Sun: 11am- 6pm

Session Two:

Apr 1, Wed : 7-9pm
Apr 15, Wed : 5-10pm
Apr 17, Fri : 5-10pm
Apr 18, Sat : 9am-6pm
Apr 19, Sun: 11am- 6pm

Session Three:

Apr 29, Wed : 7-9pm
May 12, Tues : 5-10pm
May 15, Fri : 5-10pm
May 16, Sat : 9am-6pm
May 17, Sun: 11am- 6pm

*** Note that WEDNESDAY the first day of class starts the week prior to remaining dates**

* All classes are held at the Severna Park Community Center
623 Baltimore-Annapolis Blvd, Severn Park, MD 21146

Background:

In the Lifeguard Training course, you will learn about the duties and responsibilities of a lifeguard and how to carry them out in a professional manner. You will also learn a number of lifeguarding techniques, such as surveillance; how to use rescue equipment for a distressed swimmer, active drowning victim, and a passive drowning victim; and how to care for someone who may have a head, neck, or back injury. Successful completion of the course requires participation in classroom and skill sessions, as well as successful performance in skill and knowledge evaluations. Due to the nature of the skills in this course, you will be participating in strenuous activities, such as performing CPR and removing someone from the water. If you have a medical condition or disability or if you have any questions about your ability to participate fully in this course, discuss them with your physician or health care provider and your American Red Cross instructor.

Prerequisites: You *MUST* be 15 years of age by the beginning of the first class and pass a pre-course swimming skills test.

- ◆ Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
- ◆ Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
- ◆ Complete a timed event within 1 minute, 40 seconds.
 - Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
 - Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water.
 - Exit the water without using a ladder or steps.

Course Fees:

Class Registration, Instruction, and Certificates.....	\$265.00
Materials - eBook & Hip pack (CPR Masks, Whistle, Lanyard).....	\$35.00
(Make Check payable to Anchor Aquatics, Inc.) Total:.....	\$300.00

Upon successfully completing this American Red Course Lifeguarding Course you will receive a Lifeguard Training certifications (valid for 2 years). Participants must be 16 years of age and obtain a license from the Anne Arundel County Department of Health in order to work in Anne Arundel County.

The participant agrees to save harmless Anchor Aquatics Inc. from any and all liabilities. The participant warrants and represents that he/she has no disability, impairment, or ailment preventing him/her from engaging in active or passive exercise, or that will be detrimental or adverse to such person's health, safety, or physical condition if he/she does so engage or participate. The participant acknowledges and agrees that Anchor Aquatics, Inc. shall have no obligation to perform fitness assessment or similar testing to determine the participant's physical condition. Each participant should be aware of his/her medical history and should consult with a physician prior to engaging exercise or continuing to exercise if a medical condition appears or appears to be developing.

ANCHOR AQUATICS, INC:

3642 SOLOMONS ISLAND ROAD, EDGEWATER, MARYLAND 21037

www.anchoraquatics.com

anchoraquatics@anchoraquatics.com

p (410) 956-0744

f (410) 798-0486