

# WTSC LIFEGUARD CERTIFICATION CLASS

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## PURPOSE

To teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries.

## PREREQUISITES

- Ø Swim 300 yards continuously
- Ø Starting in the water, swim 20 yards using the front crawl or breast stroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object, and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

## LENGTH

- Ø Approximately 25 hours (You must attend every class, each session is 5 weeks long and a minimum of 5 participants to run).

## INSTRUCTOR

- Ø A currently authorized American Red Cross Lifeguarding Instructor who has met state qualifications, where required

## CERTIFICATION REQUIREMENTS

- Ø Demonstrate competency in all required skills and activities
- Ø Demonstrate competency in all the three final skill scenarios
- Ø Correctly answer at least 80 percent of the questions in the three sections of the final written exam

## CERTIFICATE ISSUED AND VALIDITY PERIOD

- Ø Lifeguarding/First Aid: 2 years
- Ø CPR/AED for the Professional Rescuer: 2 years

## CERTIFICATION DATES

- Ø May 8th-June 5th, Every Saturday: 9am-1pm

**Member Rate: \$295**

**Non-Member Rate: \$375**

