American Red Cross

Lifeguard Training

at Hockessin Athletic Club

NEED-TO-KNOW

Certification Sessions

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants 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 illness until emergency medical services (EMS) personnel take over.

Prerequisites:

1. 15 years old on or before the final scheduled session of this course.
2. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. The first 4 lengths of the swim must be freestyle, the second 4 breaststroke, and the last four can be either or a combination of the two. Swimming on the back or side is not allowed. Swim goggles may be used.
3. Tread water for 2 minutes using only legs.
4. Complete a timed event within 1 minute 40 seconds. Starting in the water at the shallow end of the pool, swim 20 yards. Face may be in or out of the water. Surface dive, feet or head first, to a depth of 7 to 8 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 you are able to breathe. Candidates should not swim the distance under water. Exit the water without using a ladder or steps.

Certification Requirements:

Participants must attend and participate in all class sessions. Demonstrate competency in all required skills and activities. Pass both the Section 1-CPR/AED for the Professional Rescuer and First Aid and Section 2-Lifeguarding Skills final written exams with a minimum grade of 80 percent.

Course Materials:

CPR Mask is included in course fee. The American Red Cross Lifeguarding Manual will be provided during class but not issued. *A free copy of the book can be found at:*

http://embed.widencdn.net/pdf/plus/americanredcross/jhlpoovbxz/LG_PM_digital.pdf?u=xm9usb

Participants are required to complete an online Blended Learning Course 72 hours in advance of in-person class.

Upon registration for Lifeguarding Course through HAC, students will receive an email link to access the online portal. *Students who do not complete the online course 72 hours in advance will not be admitted into the class.*

Upon successful Lifeguard course completion participants will receive American Red Cross certifications in Lifeguarding, First Aid, and CPR/AED for the Professional Rescuer valid for 2 years. Certification will be sent digitally to participant within 48 hours of completed course.

FOR CERTIFICATION AND RECERTIFICATION COURSES: Registration closes one week prior to start date of class to allow time to complete online portion.

RE-Certification Sessions

Lifeguard Recertification is a two-day course that provides currently certified lifeguards the opportunity to review the lifeguard course materials/skills and renew their certifications. Certification will be sent digitally to participant within 48 hours of completed course.

In order to register for Recertification proof of original certification must be provided and not expired before start date of class. The prerequisites are the same as the ones for the full class. The Course Materials are as stated above, with the exception of the CPR Mask, it is not included. Participant should bring their own mask to class. If they no longer have a mask from their initial training, they may purchase one on the day of the course for $20.00.

Participants are required to complete an online Blended Learning Course 72 hours in advance of in-person class.

Upon registration for Lifeguarding Course through HAC, students will receive an email link to access the online portal.
Students who do not complete the online course 72 hours in advance will not be admitted into the class.