



**American
Red Cross**

LIFEGUARD

Earn BSA and ARC Lifeguard Certification at the same Time

When: May 23 to 25, 2015 Where: Camp John J. Barnhardt

How Much: \$175.00

Prerequisite - Before participating in the training, complete the following (Students will be tested beginning 9:00 am, May 23, 2015):

1. Submit proof of age. You must be at least 15 years old to participate.
2. Submit written evidence of fitness for swimming activities (signed health history).
3. Swim continuously for 550 yards, including at least 100 yards each of the following strokes in good form: front crawl, breaststroke, elementary backstroke, and sidestroke.
4. Immediately following the above swim, tread water for two minutes using the legs only and with the hands under the armpits.
5. Starting in the water, swim 20 yards using a front crawl or breaststroke, surface dive 7 to 10 feet, retrieve a 10-pound object, surface, swim with the object 20 yards back to the starting point with both hands holding the object, and exit the water, all within 1 minute, 40 seconds.
6. Starting in the water, swim 5 yards. The face may be in or out of the water. Submerge, swim under water and retrieve three dive rings placed 5 yards apart in 4 to 7 feet of water. Return to the surface after picking up all three dive rings and continue to swim another 5 yards to complete the skill sequence.

Requirements - Complete the following requirements:

- Show evidence of current training in American Red Cross First Aid and American Red Cross CPR/AED for the Professional Rescuer or equivalent (includes any training for a camp health officer recognized by BSA national camp standards).
- Demonstrate reaching assists from the deck using an arm, a rescue tube, and a pole.
- Demonstrate throwing assists using a throw bag and a ring buoy with a line attached. Throw each device such that the line lands within reach of a conscious subject 30 feet from shore.
- Demonstrate:
 - a Rescue of a conscious subject in deep water using a rescue board, kayak, rowboat, canoe, or other rescue craft that would be available at your local facility.
 - b Repeat for an unconscious subject.
- Demonstrate an entry and front approach with a rescue tube to a conscious subject in deep water 30 feet away from shore. Position the rescue tube to support the subject and then assist the subject to safety, providing direction and reassurance throughout.
- Demonstrate an entry and rear approach with a rescue tube to a conscious subject in deep water 30 feet away from shore. Secure and support the subject from behind and then move the subject to safety, providing direction and reassurance throughout.
- Demonstrate use of a rescue tube to assist two subjects grasping each other. Secure, support, and reassure both subjects. With the assistance of a second guard, calm and separate the subjects and move them to safety.
- Demonstrate both front and rear head-hold escapes from a subject's grasp.
- Demonstrate a feet-first entry in deep water with a rescue tube and swim an approach stroke 25 yards within 25 seconds while trailing the tube.

- Demonstrate an entry and front approach with a rescue tube to a face-down passive subject 30 feet away at or near the surface in deep water. Use a wrist roll to position the subject face-up on the rescue tube, tow them to safety, and remove them from the water with assistance within two minutes. Immediately perform a primary assessment and demonstrate one-person CPR for three minutes.
- Demonstrate an entry and rear approach with a rescue tube to a face-down unconscious subject 30 feet away at or near the surface in deep water. Position the subject face-up, tow them to safety, and remove them from the water with assistance within two minutes. Immediately perform a primary assessment and demonstrate two-person CPR for three minutes.
- Demonstrate in-water ventilation of an unconscious subject when prompt removal from the water is not possible. Open the airway, position the mask, and simulate ventilations.
- Demonstrate an entry and approach with a rescue tube for use when an unconscious subject is submerged face-down at or near the bottom in 6 to 8 feet of water. Bring the subject to the surface and tow to the nearest point of safety.
- Remove a subject from the water using each of the following techniques in the appropriate circumstances with the aid of a second rescuer:
 - a Vertical lift at the edge of a pool or pier using a backboard
 - b Walking assist
 - c Beach drag
- Participate in multiple-rescuer search techniques appropriate for a missing subject in murky water:
 - a Line search in shallow water
 - b Underwater line search in deep water without equipment
 - c Underwater line search in deep water with mask and fins
- Demonstrate in-line stabilization for a face-down subject with suspected spinal injury in very shallow water (18 inches or less).
- Demonstrate in-line stabilization for a suspected spinal injury in shallow water (waist to chest deep):
 - a For a face-up subject
 - b For a face-down subject
- Demonstrate in-line stabilization for a suspected spinal injury in deep water, swim the subject to shallow water, confirm vital signs, and with the assistance of three others, remove the subject from the water using a backboard with straps and a head immobilization device.
- Demonstrate care for a spinal injury on land in the following situations:
 - a Non-standing subject
 - b Standing subject including securing to a backboard and lowering to the ground
- Correctly answer 80 percent of the questions on the BSA and ARC Lifeguard knowledge tests covering the course material. Review any incomplete or incorrect answers.
- Serve as a lifeguard, under supervision, for at least two separate BSA swimming activities for a combined time of two hours. Afterward, discuss the experience with the lifeguarding instructor.

Register By May 1, 2015 so you can get an electronic copy of the Lifeguard Manual. Please read this manual prior to coming to checkin on May 23, 2015.

Lifeguard Class Schedule:

May 23, 2015

Checkin	8:00 am - 9:00 am
Class	9:00 am - 12:00 pm
Lunch	12:00 pm - 1:00 pm
Class	1:00 pm - 5:00 pm
Dinner	5:00 pm - 6:00 pm
Class	6:00 pm - 8:00 pm

May 24, 2015

Breakfast	8:00 am - 9:00 am
Class	9:00 am - 12:00 pm
Lunch	12:00 pm - 1:00 pm
Class	1:00 pm - 5:00 pm
Dinner	5:00 pm - 6:00 pm
Class	6:00 pm - 8:00 pm

May 25, 2015

Breakfast	8:00 am - 9:00 am
Class	9:00 am - 12:00 pm
Lunch	12:00 pm - 1:00 pm
Review & Exams	1:00 pm - 6:00 pm