



We build strong kids,  
strong families, strong communities.

## Letter To Lifeguard Training Course Participants

Thank you for enrolling in the American Red Cross Lifeguard Training course.

Time: 6:30 pm

Place: North Suburban YMCA

Directions: Corner of Pfingsten and Techny Roads

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 passive drowning victim; and how to care for someone who may have a head, neck, or back injury.

Successful course completion 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 cardiopulmonary resuscitation (CPR) on the floor 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 the appropriate person at the local Red Cross chapter before you start the course.

To enroll in the Lifeguard Training course you must be at least 15 years of age before the last scheduled class session. The first day of class there will also be a swimming skills test. The skills you will be required to perform are as follows:

1. **Swim 300 yards continuously, using these strokes in the following order:**
  - 100 yards** of front crawl using rhythmic breathing and a stabilizing, propellant kick
  - 100 yards** of breaststroke using a pull, breathe, kick and glide sequence
  - 100 yards** of front crawl or breaststroke or a combination of both
2. **Timed Event** - Starting in the water, swim 20 yards using front crawl or breaststroke, 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**. Both hands must be on the brick at all times and face must be out of the water.

Upon successful completion of the American Red Cross Lifeguard course, you will receive an American Red Cross Lifeguard Training certificate. The Lifeguard Training certificate, which includes First Aid, is valid for 3 years. You will also receive a CPR for the Professional Rescuer with AED certificate, which is valid for 1 year.

Sincerely,

Holly Hanselman

Lifeguard Training Course Instructor

North Suburban YMCA • 2705 Techny Road • Northbrook, Illinois 60062  
847-272-7250 • fax: 847-272-7587 • [www.nsymca.org](http://www.nsymca.org)

Our mission: The North Suburban YMCA promotes values that build strong families and the health of each individual's spirit, mind and body in an inclusive, welcoming environment.



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In order to receive certification in this course the following is required:

- Attendance and active participation at all class sessions
- Competency in all critical skills including scenarios as set forth by the American Red Cross. "Competency is defined as the ability to perform each critical skill correctly and without guidance."
- A score of 80% or higher on the final written examination.
- As responsibility is a major requirement of a lifeguard, one may be refused certification for not exhibiting this trait, i.e. being on time and prepared for every class, displaying a mature attitude and behavior in the classroom and in the pool, etc.
- Successful performance of all skill required in CPR for the Professional Rescuer portion of the course.

If you are currently certified in CPR for the Professional Rescuer you will still have to complete the written and skills test to demonstrate your competency to the instructor.

I understand the above description of the American Red Cross Lifeguard Training Course, its content, and requirements for certification.

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Participant Name (print)

**IF APPLICANT IS A MINOR**

I, the parent or guardian, do hereby consent to allow said minor's participation in the described American Red Cross Lifeguard Training course. I realize certification is not guaranteed unless the previous requirements are met.

\_\_\_\_\_  
Parent Guardian Signature

\_\_\_\_\_  
Date

**Please bring pen and paper, swimsuit, and towel  
to every class. Bring contact case and glasses if necessary. Goggles  
are not allowed except for 300 yard swim.**

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