



## 2022/2023 Red Cross Lifeguarding Course

North Suburban YMCA is excited to offer the Red Cross Lifeguarding courses. In these course participants will learn the skills and knowledge required to become an Red Cross lifeguard, including how to recognize, prevent and respond quickly to aquatic emergencies. Learn CPR for the Professional Rescuer, AED, and First Aid. Participants will learn about the duties and responsibilities of a lifeguard and how to carry them out in a professional manner. The YMCA is currently offering the Red Cross Lifeguard course in blended learning format for new lifeguards as well as the Lifeguard Review course for current or recently expired lifeguards who need to renew their certification. We are currently using the Red Cross Blended Learning Format as this allows less in-person time while meeting all Red Cross standards.

Below you will find the information for all the Lifeguard courses that the North Suburban YMCA teaches. Specific class information will be sent to the registered participants 30 days prior to the start of class and a follow up email will be sent 72 hours prior to class.

Attendance is required for all days and times. Participants will receive certification after attending all class sessions, passing all written exams and water skills. Payment of class fees does not guarantee certification. There are no make-ups classes available, if you miss any part of the class you must re-register for another lifeguard class. **If the first day of class has begun there will be NO REFUNDS for any reason.**

### Prerequisites

#### Pre-Course Swimming

Sign up online on our Sign Up Genius to complete your pre-course swim prior to your class. Participants pick a swim time when they will come into the Y and meet with a Lifeguard Instructor in a small group to complete the swim test. The pre-course swim test will take approximately 15-30 minutes and each participant has 2 chances to complete each task. Swim times will be updated as lifeguard courses are offered. [Sign up Genius Link will be emailed to all registered participants.](#)

#### Pre-Course Swimming Test

1. You must be at least 15 years of age for Lifeguarding before the last day of the training class to participate.
2. 300 Yard continuous swim of freestyle or breaststroke
3. Brick Test – Complete in 1 minute, 40 seconds- Swim 20 yards, surface dive to 7ft, retrieve a 10-pound brick at the bottom of the pool, return to the surface, swim on back holding brick to starting position, and exit water.
4. Tread Water - 2 minutes legs only, no arms

[See the refund policy for participants who not pass the swim test.](#)

#### Blended Learning Online Portion

Blended learning combines online learning with on-site skills sessions where you



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will practice skills and demonstrate competency. Completion of the online lessons training prior to your first on-site skills session. Registration closes 72 hours before course begins to allow participants to complete all online work prior to the start of class.

Please follow the registration process outlined below to gain access to the online portion:

- Link Below. (if it does not open, copy and paste the URL into your browser)  
<http://redcrosslearning.com/course/73031950-15c1-11e7-b4e0-51657ecd06af>
- If you do not already have an account, you will need to create one – click the “New User” link and complete the information for the account – *please make note of your username and password for future access to the online content.*
- The next step will be to click “Confirm.”
- You are now enrolled. You may launch the content immediately by clicking the “Launch Course” button, then click the link next to the appropriate course. Or, you may log in at a later time.
- To log in at a later time:
  1. Click <http://redcrosslearning.com>
  2. Enter your username and password.
  3. Select the “Launch” link for the appropriate course to view and take the content.
- After all session are completed print a completion record and bring it to class the first day or email to [mcontri@nsymca.org](mailto:mcontri@nsymca.org)

Tip: Google Chrome has always been a consistent browser that works. Safari, Microsoft Edge, Firefox & Internet Explorer don't work very well with the learning platform.

If you need assistance accessing the online session, please contact the American Red Cross Training Support Center at 1-800-RED CROSS (1-800-733-2767). The Red Cross Training Support Center may be closed on weekends so do not wait until the last minute.

### **Class Info**

#### **Bring to Class**

Please bring swimsuit, towel, pencil/pen, and manual to all sessions. Goggles will not be permitted so bring glasses or contact case if applicable. Locks may be used to lock your locker or you may bring your items on deck.

Lifeguard Manuals will be passed out the first day to borrow for the duration of class along with review packets. Lifeguard Manuals may also be picked up when doing the pre-course swim test. If you would like a manual prior to the first day, email [mcontri@nsymca.org](mailto:mcontri@nsymca.org) to arrange to pick up a manual and review packet at your pre-course swim test.



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Please bring your lunch, water bottle and snacks as we will have a lunch break. We may eat while we work so we can get through the information without rushing to complete things on the last day. The Y does have a microwave and a refrigerator available for your use.

### Class Sizes

There must be a minimum of 4 participants to hold a class. If there are less than 4, you will be contacted to either switch to a future class or receive a refund. Classes that have over 8 participants may be spilt into groups and rotated through activities with different Lifeguard Instructors.

### Safety Precautions

Our goal is to help all employees and students complete their lifeguard certification while still working to keep all students and staff safe.

- Participants are encouraged to wash hands during all breaks and transition times. Hand sanitizer is available.
- Each student will have their own personal CPR mask but share manikins. All manikins will be disinfected before and after use.
- If you are sick, showing any signs or symptoms including cold like or have come into contact with anyone exhibiting symptoms, wear a mask as this also stops the spread of cold and flu symptoms.

### Lifeguard Certification

Certifications will be processed within 10 days and be emailed to participants from the Red Cross as they do not come from the YMCA. Certifications will be sent to the email address associate with the online blended learning account that was given during class. Please check your spam if you do not receive your certification.

Copies of all Red Cross certifications can be found on the Red Cross website on the Find my Certification page. <https://www.redcross.org/take-a-class/digital-certificate>

### Refund Policy/Transfer Policy

-All Red Cross courses (First Aid/CPR, Babysitting, Lifeguarding, etc.) will be issued a NSYMCA voucher only if a withdrawal request is received 14 days before the course begins. There are no vouchers given on material fees. If the first day of class has begun there will be NO REFUNDS for any reason.

-Participants may transfer to a future course for a \$25 fee, if a space available.

-NSYMCA Vouchers may be used towards future courses and programs and expire within 1 year.

-Participants who do not pass the prerequisites will be issued a NSYMCA voucher minus a fee based on when the course begins.

-**14-1** days of class a NSYMCA voucher minus a \$75 fee.

-**15+** days of class a NSYMCA voucher minus a \$50 fee.

-Students may transfer to an open course for a \$25 fee, if a space available.