

American Red Cross Lifeguard Training Syllabus:

Course Instructor:

- Mr. Byers
- dbyers@efsd.net

Course Location:

- Elizabeth Forward High School Swimming Pool
- Room 131

Dates / Period:

- Semester One: 2022
- Period 4 - 9:46 to 10:28
- Monday – Friday

Credit:

- .50 PE credit towards graduation

Fee:

- \$25-\$50
- Used to process Red Cross Lifeguard Certification and purchase CPR / First Aid equipment

Required Materials:

- Lifeguard Participation Manual located in Canvas
- Adult and Pediatric CPR resuscitation mask
- Ipad, Folder, pen and pencil

Pre-course Requirements:

- Minimum age is 15 years old
- Swim 300 yards continuously using front crawl and/or breaststroke.
- Goggles are permitted.
- Swim 20 yards using front crawl or breaststroke, retrieve a 10-pound object from a depth of 7-10 feet, swim 20 yards back to the starting point with object and exit the water without using ladder or steps, with in 1 minute, 40 seconds.
- 2-minute tread water with no hands – out of water or tucked under armpits.

Attendance Policy:

- Students must arrive on time and attend all training sessions.

Dress Code:

- Students must come prepared to enter the pool on the specified days.
- Swimsuits must be professional and appropriate in appearance.
- Females must wear a one-piece suit.
- All students need multiple towels and changes of clothes. (
- You will be in and out of the water during class
- No jewelry or make-up allowed during skill training.
- Students who wear contact lenses must be able to open their eyes under water.
- Eyeglasses or a contact lens case will be beneficial for students during training.

Pass / Fail Grading Policy:

- Students must pass all pre-course skills before being able to continue the class.
- Students must pass **written tests** with a minimum score of 80%.
- All students must pass every **skills test**.
- Participants can and will be permanently removed from the class because of inappropriate attitude or behavior during the course.

Certificates Issued:

- Lifeguard Training and First Aid – valid for 2 years
- CPR / AED for Professional Rescuer – valid for 2 years

RETURN A.S.A.P TO YOUR P.E. TEACHER

We have read and discussed the **American Red Cross Lifeguard Training** Syllabus and understand what the expectations, policies and procedures are for Physical Education class.

Student Name _____ Class Period: _____

Student Signature **Date**

Parent/Guardian Signature **Date**

Parent/Guardian Contact Information

Phone # _____

Phone # _____

Email _____

We would like to publicly acknowledge those students who excel in our units. Please check the box if you are okay with your child being recognized.

Comments/Medical Conditions or Concerns we should be aware of:

