



Attention:

Proctor High School Students

Interested in Becoming a **Lifeguard?**

Send an email with your contact information to:

Mrs. Peterson kpeterson@uticaschools.org

Course Dates:

June 10th – 21st

@ Proctor High School Pool

CANDIDATES MUST BE ABLE TO COMPLETE THE FOLLOWING BEFORE TAKING THE COURSE. FAILURE TO DO THIS WILL NOT ALLOW THE CANDIDATE TO CONTINUE ON.

The first day of the course will be the Pre-Req Testing in order to move on and take the course, see below:

Prerequisite Candidates MUST:

1. Be at least 15 years old on or before the final scheduled session of the course.
2. Swim 300 yards, continuously demonstrating breath control and rhythmic breathing.
3. Tread water for 2 minutes, using only the legs.
4. Complete a timed event within 1 minute, 40 seconds:
 - Starting in the water, swim 20 yards.
 - Swim goggles are not allowed.
 - Surface dive, feet-first or headfirst, to a depth of 7 to 10 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 they are able to get a breath.
 - Exit the water without using a ladder or steps.

PURPOSE

The primary 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 professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. This program offers a choice of Lifeguarding/First Aid/CPR/AED courses to meet the various training needs of a diverse audience.

