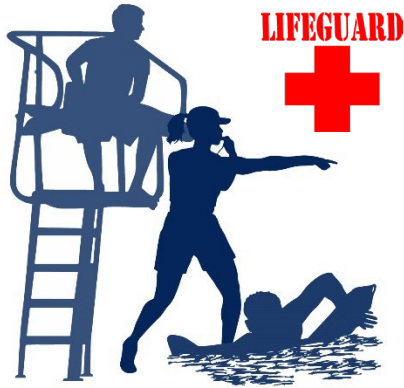


COUNTY OF SANTA CRUZ DEPARTMENT OF
PARKS, OPEN SPACE AND CULTURAL SERVICES



American Red Cross Lifeguard Certification

Learn lifelong skills to prevent and respond to emergencies!

Earn the certification required to work as a pool lifeguard!

LGT Blended-Learning Courses Fall 2022

How do I get Lifeguard Certified this Fall?

- 1. Register & Pre-swim:** 1. Contact us to register for a course after viewing our course schedules and checking your calendar—*After choosing a course, complete the pre-requisite swim on or before the Friday deadline for an upcoming course.*
- 2. Complete e-learning** 2. Complete online course content independently, ~7-8 hours, before attending in-person skill sessions. You must provide proof of online course completion at the first skills session date.
- 3. Attend skills sessions To complete certification** 3. Attend in-person skill sessions: One night of CPR-PRO class + 2 days of water-skills). Attendance at all dates is mandatory. Participants must successfully demonstrate all required CPR and rescue skills, show success in individual & team test-out scenarios, and pass a multiple-choice test (at least 80%) by course conclusion. The multiple-choice test is based on online course content and lifeguarding textbook content, study guides will be provided.

Participants who are successful in completing the course will earn 2-year certification in ARC Lifeguarding/First Aid/CPR/AED- required to be employed as a pool lifeguard.

American Red Cross Lifeguard Training Pre-requisites

- Must be at least 15 years of age.
 - Must Successfully pass the *Pre-course Assessment* prior to the first course date, which requires you to:
 - a) Swim 300 yards continuously, demonstrating breath control and rhythmic breathing using both front crawl and breast stroke.
 - b) Without the use of goggles, complete the following in under 1 minute, 40 seconds: Starting in the water, swim 20 yards and submerge to a depth of 7-10 feet to retrieve a 10-pound object; return to the surface and swim 20 yards back to the starting point with both hands holding the object while keeping the face at or near the surface; then exit the pool without using a ladder or steps.
 - c) Tread water in place for 2 minutes using only the legs. Candidates must be able to maintain an upright body position with their head above the surface of the water for the entire time.
- Candidates who cannot complete the pre-course swim assessment before the class begins are not eligible to continue in the American Red Cross Lifeguarding course and will receive a full refund.***

Program Fee*

Resident \$220 / Non-Resident \$242.

*Program fees, less \$50 materials cost, will be re-imbursed for candidates who are successfully hired and begin employment with SC County Parks During Fall / Winter 2023

Program materials

Digital Course Materials, textbooks, CPR masks, and final exam study guides are all included in the fee and will be given after participants have registered and completed the pre-course swim assessment.

American Red Cross Lifeguard Training

2022 Fall Blended-Learning Classes at Simpkins Family Swim Center

Visit www.redcross.org/take-a-class to find courses from other providers

All meetings take place at Simpkins Family Swim Center Pools & Lobby

Pre-course swims may be completed on or before the Friday deadline for each course.

Pre-course swims must be completed before beginning the online portion of course.

The online portion of the course takes approximately 7-8 hours for most participants to complete.

Study guides will be provided, and Lifeguarding textbooks will be loaned.

Full Attendance at all 3 in-person skills dates is required to earn certification.

In the event of an unplanned absence, transfer to a future course offering may be accommodated.

Refunds are not available for candidates who do not complete the certification course.

Course # [26432](#) – Certification Date: 8/28

Registration deadline & Pre-course swim date: Friday, 8/19. 4:00-5:30pm

Complete online course content by 8/24

In-Person Skills Dates at SFSC:

Thursday, 8/25, 4:30 pm – 8:00 pm (CPR, First Aid & Dry-land skills)

Saturday, 8/27, 9:00 am – 5:00 pm (Water skills day 1- all day with lunch break)

Sunday, 8/28, 10:00 am – 2:30 pm (Water skills day 2 & final test-out day)

Course # [26433](#) – Certification date: 9/11

Registration deadline & Pre-course swim date: Friday, 9/2. 4:00-5:30pm

Complete online course content by 9/7

In-Person Skills Dates at SFSC:

Thursday 9/8 4:30pm – 8:30pm (CPR, First Aid & Dry-land skills)

Saturday 9/10 9:00am – 5:00pm (Water skills day 1- all day with lunch break)

Sunday 9/11 10:00am – 2:30 pm (Water skills day 2 & final test-out day)

Course # [26434](#) – Certification date: 9/25

Registration deadline & Pre-course swim date: Friday, 9/16. 4:00-5:30pm

Complete online course content by 9/21

In-Person Skills Dates at SFSC:

Thursday 9/22, 4:30pm – 8:30pm (CPR, First Aid & Dry-land skills)

Saturday 9/24, 10:00am – 5:00pm (Water skills day 1- all day with lunch break)

Sunday 9/25, 10:00am – 2:30 pm (Water skills day 2 & final test-out day)

To register, or for more information:

phone 831-454-7964 or email: Swimcenter@scparcs.com

Apply online for lifeguard positions at www.santacruzcountyjobs.com