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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



TRAINED TO SAVE AND PROTECT

LIFEGUARD COURSE
O'FALLON YMCA - ILLINOIS

This course is designed to provide the participant with the knowledge and skills needed to be a lifeguard and professional rescuer. Participants will be certified in Basic Life Support (formerly CPR PRO), Basic First Aid and Emergency Oxygen Administration. The course presents information on the skills and knowledge lifeguards need in pool, lake, river, surf and water park environments. The comprehensive course offers up to date information on how to lifeguard by anticipating and preventing problems before they occur and by taking action to help those in danger when necessary. Course covers safety skills, accident prevention, scanning, guarding techniques, emergency systems, rescue skills, first aid in aquatic environment, spinal injury management, open water dangers, legal responsibilities, pool management, and information on how to get a job as a lifeguard.

ITEMS TO BRING:

- Swimsuit
- Towel
- Whistle with lanyard
- Pen
- Picture ID (proof of age)
- Minor Participants Permission Form (for participants 16-17 years of age)

PREREQUISITES

Minimum age of 16 by the last day of the scheduled course. Those under the age of 18 must have parental consent to participate in the course.

PASS THE FOLLOWING THREE-PHASED PHYSICAL COMPETENCY REQUIREMENTS (CONDUCTED IN CLASS ON THE FIRST DAY)

PHASE 1

- Tread water for 2 minutes (legs only)
- Swim 100 yards of front crawl

PHASE 2

- Swim 50 yards of each:
 - » Front crawl with the head up
 - » Sidestroke
 - » Breaststroke
 - » Breaststroke with the head up
 - » Elementary backstroke kick with hands on the chest
- Perform a feet-first surface-dive in 8 to 10 feet of water (or maximum depth of training facility). Then swim underwater for 15 feet.

PHASE 3

- Starting in the shallow end of the water, sprint for a distance of approximately 60 feet then perform an arm-over-arm surface dive in 8 to 10 feet (or maximum depth of training facility)
- Pick up an object (dive ring) from the bottom of pool, surface and tread water for at least one minute with legs only, replace the object back to the bottom of the pool where it was found
- Swim the remaining length to end of pool, and hoist yourself out of water
- Immediately begin compression on an adult manikin for one minute or 100 compressions, stand and listen to directions from instructor



MINIMUM ENTRANCE REQUIREMENTS TO BECOME A YMCA-CERTIFIED LIFEGUARD PARTICIPANTS MUST BE ABLE TO ACCOMPLISH THESE TASKS

- Sit for extended periods of time in an elevated chair. A candidate must remain alert and focused on the entire zone of responsibility for extended periods of time, even under conditions of high heat and humidity, with no lapses in consciousness. Move safely to various locations, including entering and exiting an elevated chair, while scanning the zone of responsibility.
- Communicate with others immediately when responding to an incident or an emergency. Candidates must be able to communicate verbally, including projecting their voice across distances; communicate swiftly and clearly with emergency personnel over the telephone and/or in person; and effectively give and receive directions.
- Hear noises and distress signals in the aquatic environment, including in the water and anywhere around the zone of responsibility. Candidates must understand that significant background noises exist in all indoor and outdoor aquatic environments. In addition, lifeguard candidates should have a minimum hearing threshold of no more than an average of a 25-decibel loss in both ears over a range of frequencies (500Hz, 1000Hz, 2000Hz, 788 and 3000Hz). Candidates who use hearing aids or other corrective devices for hearing should be able to perform all rescue skills and emergency procedures without interruptions to adjust, retrieve or install or attach hearing aid/corrective device.
- Observe all sections of an assigned zone or area of responsibility. Candidates who use corrective eyewear should be able to perform all rescue skills and emergency procedures without interruptions to adjust, clear, or retrieve corrective eyewear.
- Perform all rescue, resuscitation, and survival skills. Candidates must be able to perform basic first aid such as manual suction, use a bag-valve mask resuscitator, administer emergency oxygen, use an AED (automated external defibrillator), and perform professional rescuer CPR.
- Think in the abstract, solve problems, make quick decisions, instruct, evaluate, supervise, and recognize the potential for danger or injury.
- Have adequate memory skills and be able to retain and apply knowledge learned in lifeguard training.
- Act swiftly in an emergency and take action even when unsure whether a person is really in danger.



FEES

- YMCA Lifeguard \$200
- YMCA Lifeguard Recertification \$60

HOW TO REGISTER FOR A CLASS

- Go to: www.yexchange.org
- Create a new account (must be the participant who will be taking the course)
- Go to Learning & Career Development Center (LCDC)
- Search for YMCA Lifeguard v6 or YMCA Lifeguard Recertification v6 (depending on which class you are wanting to enroll yourself in)

QUESTIONS PLEASE CONTACT

Julie Rothweil, Aquatic Director
618-628.7701 or julie.rothweil@gwrymca.org

YMCA LIFEGUARD V6 CLASSES:

(Participation is required for each date under each session)

Session 1	Session 2	Session 3	Session 4
February 1 4pm-9pm	March 1 4pm-9pm	April 5 4pm-9pm	May 10 4pm-9pm
February 2 11am-6pm	March 2 11am-6pm	April 6 11am-6pm	May 12 12pm-6pm
February 3 12pm-6pm	March 3 12pm-6pm	April 7 12pm-6pm	May 17 4pm-9pm
February 8 4pm-9pm	March 8 4pm-9pm	April 12 4pm-9pm	May 18 11am-6pm
February 10 12pm-6pm	March 10 12pm-6pm	April 14 12pm-6pm	May 19 12pm-6pm

YMCA LIFEGUARD RECERTIFICATION V6 CLASSES:

(Must have a valid YMCA Lifeguard certification)

Session 1	Session 2	Session 3
January 20 12pm-7pm	February 17 12pm-7pm	March 24 12pm-7pm
Session 4	Session 5	
April 27 12pm-7pm	May 11 1pm-8pm	

CANCELLATION, FAILED PREREQUISITES & MISSED CLASSES:

Registration/Cancellation deadline is 5 days prior to start date of course. Refunds will not be given to those who fail to attend the course. Refunds will not be given to those who attend the course but are unable to successfully pass. You must provide a copy of your payment receipt to the administrator to receive a refund. Please note an administration fee of \$35.00 will be deducted from all refunds, if cancelling after the deadline.

Make ups for missed classes are not available. Participants that miss any portion of this course will not be able to continue with the course and a refund or credit will not be issued.

*If you are not sure you can pass the physical competency test please schedule an appointment with our Aquatics Department prior to registering. After day 1 of the course no refunds or credits will be issued for failure to complete online training or not successfully completing any other aspect of this course.

CERTIFICATION RENEWALS

THE FOLLOWING CERTIFICATIONS ARE GOOD FOR TWO YEARS

- YMCA Lifeguard

THE FOLLOWING CERTIFICATION IS GOOD FOR ONE YEAR

- Basic Life Support- BLS (formerly CPR PRO)
- Basic First Aid
- Emergency Oxygen Administration