



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Lifeguard Course

Dear Lifeguard Candidate,

Thank you for your interest in the February 21- March 8 Lifeguard course. The Y believes that preventing an accident and saving a life is worth the hours of training and dedication essential to becoming a competent lifeguard. YMCA-certified lifeguards have a serious responsibility to prevent accidents and handle emergencies properly. It is imperative that lifeguards and aquatic safety assistants are physically trained, mentally alert, and have the maturity to safely guard an aquatic area.

We expect you to demonstrate your maturity **at all times** during classroom and pool instruction by:

- Participating in **ALL** class, pool, and practice sessions (schedule attached)
- Arriving promptly and prepared with a picture ID or other proof of age
- Presenting a positive attitude and courteous class conduct
- Making an appointment with the instructor when you have difficulty understanding the material presented or if you have specific testing needs

To complete the course successfully, you will be required to perform the following:

- Demonstrate competency in each critical skill taught in the course; competency is defined as being able to perform each critical skill correctly and without guidance
- Successfully complete CPR Pro for the Professional Rescuer (including AED), First Aid for the Community, and Emergency Oxygen Administration certifications
- Successfully complete water tests and all scenarios
- Pass all written exams with at least an **80% score**. **The YMCA Lifeguard exam requires an 80% score or better on each section of the exam to pass.**

- Pass the following 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:
 1. Front crawl with the head up
 2. Sidestroke
 3. Breaststroke
 4. Breaststroke with the head up
 5. Elementary backstroke kick with hands on the chest
 - Perform a feetfirst surface dive in 8 to 10 feet of water (or maximum depth of training facility). Then swim underwater for 15 feet.
 - Phase 3
 - Participants will start in the water at the shallow end and perform the following:
 - Sprint for a distance of approximately 60 feet and then perform an arm-over-arm surface dive in 8 to 10 feet of water (or maximum depth of training facility).
 - Pick up an object (dive ring) from the bottom of the pool, surface and tread water for at least 1 minute with legs only, and then replace the object back on the bottom of the pool where it was found.
 - Surface and swim the remaining length to the end of the pool and hoist yourself out of water without using a ladder or other assistance.
 - Immediately begin compression on an adult manikin for 1 minute or 100 compressions; stand and listen to directions from instructor.

The following prerequisites must be met **prior** to attending the course:

- Minimum age: 16 years old by the last day of the scheduled course
- Under the age of 18 must have parental consent to participate in the course

You also **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 noise exists 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. Remain alert with no lapses of consciousness.
- **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 the knowledge learned in lifeguard training.
- **Act swiftly in an emergency** and take action even when unsure whether a person is really in danger.

By enrolling in this course you are attesting that you can perform **all** of the above tasks.

In addition, you must complete **all eLearning** assignments and turn in all eLearning certificates **according to the schedule** set by your instructor. The total eLearning time is 8-1/2 hours.

Paying the course fee does not guarantee certification. Upon successful completion of the course, you will receive YMCA Lifeguard certification. The YMCA Lifeguard certifications for Basic First Aid for the Community and Emergency Oxygen Administration are valid for two years. You will also earn certification for CPR Pro for the Professional Rescuer, which is valid for one year. YMCA Lifeguard certification is only valid if all required certifications are kept current. After one year, you will need to renew your CPR Pro for the Professional Rescuer certification and send proof to YMCA of the USA (event.registration@ymca.net) to keep your YMCA Lifeguard certification current.

The Y looks forward to teaching the knowledge and skills needed to be a YMCA lifeguard.

Sincerely,

Aaron Lindholm
Director of Aquatics
YMCA of the USA Lifeguard Faculty
Wenatchee Valley YMCA
aaron@wenymca.org

I have read and agree to the above requirements.

Candidate's signature

Parent/Guardian's signature (If candidate is under 18 years of age)

Y LIFEGUARD COURSE OUTLINE

February 21– March 8, 2012



DAY	CLASSROOM MODULE	POOL MODULE	E LEARNING/ READING ASSIGNMENTS	TIME/ CLASS LENGTH
1 Tuesday Feb 21 EYAC 4:30–7:00 PM	Module 1 Introduction (45 minutes)	Module 1 Physical Competency Requirements (65 minutes pool time, 15 min change time)	Assignment: 1. CPR Pro Blended Learning, 2. Y eLearning lesson 1	2 hours 30 minutes
2 Thursday Feb 23 YMCA 5:00–8:00 PM	Module 2 CPR for the Professional Rescuer (170 minutes)	None	Assignment: 1. First Aid Blended Learning 2. Emergency Oxygen Blended Learning 3. Read On the Guard Chapter 1	3 hours
3 Sunday Feb 26 YMCA 12:00– 6:00 PM	Emergency Oxygen Administration and Basic First Aid (100 Minutes) Module 4 Chapter 1 & 2 (100 minutes) Module 5 Chapter 3 (20 minutes)	Module 4 Non-swimming Rescues	Assignment: Y eLearning lesson 2–4 Read Chapter 2–5	6 hours
4 Tuesday Feb 28 EYAC 4:30–7:30 PM	Module 5 Chapter 4 (45 minutes) Module 6 Chapter 5 (25 minutes)	Module 5 Distressed Swimmer (85 minutes plus 15 minutes change time)	Assignment: Y eLearning lesson 5 Read Chapters 6–8	3 hours

<p>5 Thursday March 1</p> <p>EYAC 4:30-7:30 PM</p>	<p>Module 6 Chapter 6 (30 minutes) Chapter 7 (10 minutes)</p> <p>Module 7 Chapter 8 (20 minutes- up to spinal)</p>	<p>Module 6 Unresponsive Victim (90 minutes)</p> <p>Introduce Unresponsive victim from front (20 minutes plus 15 change time)</p>	<p>Assignment:</p> <p>Y eLearning lesson 6</p> <p>Read Chapters 9-10</p> <p>Read case studies in participant guide.</p>	<p>3 hours</p>
<p>6 Sunday March 4</p> <p>EYAC 12:00- 6:00 PM</p>	<p>Module 7 Chapter 9 (15 minutes) Chapter 10 (90 minutes)</p> <p>Module 8 Chapter 8 part II (45 minutes)</p>	<p>Module 7 Injured and unresponsive victim (75 minutes)</p> <p>Module 8 Spinal Injury Management (85 minutes plus 15 minutes change time)</p> <p>Scanning Test (15 minutes)</p>	<p>Assignment:</p> <p>Review Chapter 8 Spinal Injury Management</p> <p>Assignment:</p> <p>Y eLearning lesson 7</p> <p>Read Chapters 11-15</p>	<p>6 hours</p>
<p>7 Tuesday March 6</p> <p>EYAC 4:30-7:30 PM</p>	<p>Module 9 Chapter 11-13 (40 minutes)</p> <p>Module 10 Chapter 14,15 (40 minutes)</p>	<p>Module 9 Extreme shallow water backboarding and search procedures (85 minutes plus 15 minutes change time)</p> <p>Complete scanning test (10 minutes)</p>	<p>Assignment:</p> <p>Y eLearning lesson 8 & 9</p> <p>Read Chapters 9-10</p> <p>Review all eLearning and text</p>	<p>3 hours 10 minutes</p>
<p>8 Thursday March 8</p> <p>EYAC 4:30-7:30 PM</p>	<p>Module 11 Review, written test and closing (90 minutes)</p>	<p>Module 10 Water Test 2,3,4 (90 minutes plus 15 minutes change time)</p>		<p>3 hours</p>

Students should come prepared to swim during each training session (except for session 2-3). Please come prepared with: swimsuit, towel, goggles. Fanny pack, mask, and gloves will be provided on day 1.