

Fact Sheet: American Red Cross Lifeguard Review

How?

Candidates come to the instructor-led session, which is about 12 hours.

Purpose:

The purpose of the American Red Cross Lifeguarding review course is to provide lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

Location:

Briarwood Country Club
355 Deerfield Road
Deerfield, IL 60015-4497

Cost: \$249

Prerequisites:

1. Must have a current lifeguard certification. It will be asked for first thing on the day your class begins.
2. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
3. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
4. Complete a timed event within 1 minute, 40 seconds.
 - Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
 - Surface dive, feet-first or head-first, 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. Candidates should not swim the distance under water. Exit the water without using a ladder or steps.

Certification Requirements:

- Successfully complete the at home final
- Attend and participate in all class sessions
- Demonstrate competency in all required skills and activities
- Demonstrate competency in all required final rescue skill scenarios
- Pass both the Section 1—CPR/AED for the Professional Rescuer and First Aid and Section 2—Lifeguarding Skills final written exams with minimum grades of 80 percent.

Certificate Issued and Validity Period

American Red Cross certificate for Lifeguarding/First Aid/CPR/AED: 2 years

Participant Text

American Red Cross Lifeguarding Manual (E-Book, included in cost of course)



For more information email
info@chicagolifeguard.com or call 847.921.7022

Schedule: American Red Cross Lifeguard Review

Upcoming Courses (choose one):

| | |
|---------------------------------|-------------|
| Course #201 Sunday, May 3 | 9 am – 9 pm |
| Course #202 Saturday, May 9 | 9 am – 9 pm |
| Course #203 Saturday, May 16 | 9 am – 9 pm |
| Course #204 Sunday, May 17 | 9 am – 9 pm |
| Course #205 Tuesday, May 26 | 9 am – 9 pm |
| Course #206 Monday, June 1 | 9 am – 9 pm |
| Course #207 Monday, June 8 | 9 am – 9 pm |
| Course #208 Monday, June 15 | 9 am – 9 pm |
| Course #209 Monday, June 22 | 9 am – 9 pm |
| Course #210 Monday, July 27 | 9 am – 9 pm |

For more information email info@chicagolifeguard.com or call 847.921.7022

Registration Form: American Red Cross Lifeguard Review

Candidate Information:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Candidate's Cellphone: _____

Candidate's Email (Not parent's. We communicate w/ candidates via email)

Date of Birth: _____

Parent's email for CC (optional):

Previous Red Cross 6-character certificate ID _____

Write the course numbers of your top dates you wish to take.

Course Numbers

Please read and check:

_____ I understand I must be a currently certified lifeguard and show my certificate upon entering the course.

_____ I understand that I must attend all instructor-led sessions to be considered for successful completion.

_____ I understand that I must pass the following water skills screening the first day of the course. See the fact sheet for the screening test.

_____ I understand that I must demonstrate a professional and mature attitude toward lifeguarding in order to become certified.

_____ I understand that I must pass a written and skills exam in order to become certified.

_____ I understand that my payment is not refundable after April 15th. Before that date it is fully refundable. This applies in all cases, including illness and death in the family.

_____ I understand that I can switch my course date at no cost, up to 48 hours before the course. If it is less than 48 hours before the course, there is a \$39 fee. The fee will be applied in all cases, including illness and death in the family.

_____ I understand that I must be 15 years of age on the first day of the course. I will be asked for proof of age.

_____ I understand successful completion of the course requires participation in skills practice. The practice sessions will require some strenuous physical activity. Sometimes injuries occur. I am encouraged to check with my health-care professional before participating in the practice sessions. If a medical condition or disability exists that might prevent participation in the activities, or there are questions about fully participating in the lifeguarding course, I will contact the instructor to discuss this before the course begins.

Informed Consent

I agree to hold harmless Ryan McAlister, RPM Safety Training, Briarwood Country Club, the company, its owners, directors and employees, instructors, and sponsors from any liability arising out of this event including but not limited to any and all injury, illness or loss of personal property. I attest that I am in sound physical condition. I understand that I may be videotaped and/or photographed during this event and give permission for my image to be used in products or materials developed and/or published by RPM Safety Training.

My signature below indicates that I have read, understand and agree to the above terms.

Date: _____

Signature: _____

(Parent/Guardian signature if student is under age 18)

Fees and Payment: \$249

(No refunds after April 15th)

Payment includes e-textbook, professional instruction and nationally recognized certification.

_____ \$249 check to "RPM Safety Training"

Mail to: RPM Safety Training
Ryan McAlister
2861 W Palmer St, 1W
Chicago, IL 60647

(Include a check for \$249 to RPM Safety Training)

See the next page to register without using the mail.

Alternate Registration Options: Lifeguard Training

If you would rather register without mailing the registration and payment...

1. Fill out the registration form on the computer, save it, (or print, write in, and scan) and email it back to

ryan@chicagolifeguard.com

2. Use Zelle, Square, Chase QuickPay, Popmoney, or People Pay (Lake Forest Bank/Wintrust). If you are unfamiliar with these options, open your mobile banking app on your phone and try “send money” to use your banks person to person system.

using the identifier

ryan@chicagolifeguard.com

Zelle includes, Chase, Citi, Bank of American, Lake Forest Bank, and many others.

Unfortunately we can't accept PayPal or Venmo.

_OR-

Use your online bill pay, creating us as a payee

RPM SAFETY TRAINING

ATTN: RYAN McALISTER

2861 W. PALMER ST, 1W

CHICAGO, IL 60647