



AMERICAN RED CROSS TRAINING ESSENTIAL INFORMATION

Before you sign up for American Red Cross training at the YMCA of Greenwich, it's important to know the prerequisites, commitments, and benefits. This guide provides essential insights into registration, course structure, and certifications offered, helping you prepare for a successful and rewarding training experience.

REFUND AND CANCELLATION POLICY

- Transfer request with more than 7 days notice will be honored as availability permits without penalty.
- Cancellation within 7 days prior to the start of Day 1 of your course — no refund applies.
- Transfer requests within 7 days prior to the start of your course, \$75 transfer processing fee applies.
- No refunds for those who do not successfully meet all course completion requirements.
- Failed pre-requisite swim skills evaluation on Day 1 of training constitutes cancellation. No refund applies. However, those who do not pass the pre-req swim skills evaluation on Day 1 of training may request that their registration fee be applied toward a future course offering — a \$75 processing fee applies. This forward application of registration fees may be requested only once.

LEARNING FORMAT AND REGISTRATION POLICIES

Our Lifeguard training courses are offered in a blended learning format which allows participants to complete approximately 7 hours worth of ONLINE content outside of class. The online course work will prepare them to attend the in-person skill sessions where they will practice skills and demonstrate competency.

Participants **MUST REGISTER ONE WEEK IN ADVANCE** to allow ample time to start the online coursework prior to Day 1 of training. Email the instructor (AngelaReeve@optonline.net) once you have registered with the facility to request the Student Syllabus detailing how to access the online course work.

Candidates are encouraged to complete the pre-requisite swim skills evaluation at least one week prior to the start of class. Email the instructor (AngelaReeve@optonline.net) to sign up. Those who pass the pre-requisite swim skills requirements in advance will be excused from swimming the evaluation on Day 1 of training. Those who do not pass will have the opportunity to practice and re-attempt the pre-requisite swim skills evaluation on Day 1 of training. Failure to pass the pre-requisite swim skills requirements on Day 1 of training constitutes cancellation (no refund applies). Read below to learn more about our pre-requisite requirements.

LIFEGUARD TRAINING

Our Lifeguard Training course provides entry-level participants 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 EMS personnel take over. Successful participants earn certification that is valid for 2 years. Participants indicate to the instructor what level of certification they wish to pursue as detailed below:

- **Lifeguarding/First Aid/CPR/AED** – this level of certification prepares individuals to guard at indoor and outdoor POOL facilities only.
- **Lifeguarding/First Aid/CPR/AED with Waterfront Skills** – prepares individuals to guard at indoor and outdoor pools, as well as guard at non-surf, open-water areas found at public parks, resorts, summer camps and campgrounds (lakes, rivers, streams, the non-surf Long Island Sound, ponds, etc). Students need to bring their own set of search mask and fins to complete the waterfront skills portion of the training. Goggles do not suffice.

PRE-REQUISITE INFORMATION

Pre-requisites include:

- 15 years of age by the last scheduled day of class
- Must pass a Pre-Requisite Swim Skills Evaluation

Pre-Requisite Swim Skills Evaluation for Lifeguarding:

- Goggles may be used for the 300-yard continuous swim only.
- 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;
- Tread water for 2 minutes using only the legs;
- Complete a timed event within 1 min 40 secs — Starting in the water, swim 20 yards, surface dive (feet first or head first) to a depth of 7' – 10' to retrieve a 10 pound object, resurface and return to the starting point by with both hands holding the object and keeping the face at or near the surface so you are able to get a breath, and exit the water without using a ladder or steps.

Pre-Requisite Swim Skills Evaluation for Lifeguarding with Waterfront Skills:

- Goggles may be used for the 550 yard continuous swim only.
- 550 yard continuous swim demonstrating rhythmic breathing (front crawl, breaststroke, or any combination of front crawl and breaststroke);
- Tread water for 2 minutes using legs only;
- Complete a timed event within 1 min 40 secs — Starting in the water, swim 20 yards, surface dive (head or feet first) to retrieve a 10 pound brick from at least 7-9' deep water, resurface and return to the starting point by swimming 20 yards on back with two hands on the brick at all times, and exit without using the steps or ladder.
- Goggles may be used for the 300 yard continuous swim, but for no other part of the pre-requisite swim skills evaluation.
- Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4 to 7 feet of water, resurface and continue to swim another 5 yards to complete the skill sequence.