

University of Minnesota Duluth - RSOP Program
American Red Cross
Lifeguard Training Course

Session 1	Session 2
Fri, Feb. 6 th 6-9pm	Fri, April 17 th 6-9pm
Sat, Feb. 7 th (8-4pm);	Sat. April 18 th (8-4pm)
Sun. Feb. 8 th (10-6pm)	Sun. April 19 th (10-6pm)
Sat, Feb. 14 th (8-4pm)	Sat. April 25 th (8-4pm)
Sun, Feb. 15 th (10-6pm)	Sun. April 26 th (10-6pm)
Cost: : \$190 UMD Students / \$215 - Others	

WHERE CLASS MEETS: UMD Pool / 20 Sports & Health Center

WHAT TO BRING TO CLASS: Swim suit, towel, swim goggles, note taking material, textbook, pocket mask & sack lunch

COURSE OBJECTIVE

The purpose of this course is to provide entry level lifeguard candidates with the knowledge and skills to prevent, recognize and respond to emergencies and to provide care for injuries and sudden illnesses until emergency medical services (EMS) personnel arrive and take over.

Once successfully completed this course, each participant will receive:

Lifeguard Training Certification	3 year validation
Community First Aid & Safety Certification	1 year validation
CPR/AED for Lifeguards Certification	1 year validation

PHYSICAL SKILLS PREREQUISITES FOR THE COURSE

To be eligible for the Lifeguard Training Course, participants must be 15 years of age on or before the final scheduled session of the course. Each participant MUST successfully complete the following physical skills test on the first day of the course:

-Swim 300 yards continuously using these strokes in the following order:

*100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or to the front.

*100 yards of breaststroke using the pull, breathe, kick and glide sequence.

*100 yards alternating between front crawl and breaststroke.

Combined Skills Test:

Starting in the water (shallow end), swim 20 yards using front crawl or breaststroke, surface dive to a depth of 10', retrieve a 10# brick from the bottom, return to the surface w/brick and swim 20 yards back to the starting point with 1 minute 40 seconds

<p>For General Information Contact: Beth Peterson @ 218-726-6533 bpeters1@d.umn.edu</p>
