

# University of Minnesota Duluth - RSOP Program

## American Red Cross

### Lifeguard Training Re-Certification Course

Session 1	Session 2
Sat., March 7th (2-8pm)	Sat, April 4th (2-8pm)
Cost: : \$75	

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

**WHAT TO BRING TO CLASS:** Swim suit, towel, swim goggles, note taking material, Textbook (optional), pocket mask, **copy of current certification** & sack lunch.

#### **COURSE OBJECTIVE**

The purpose of this course is to re-certify current card holding ARC Lifeguards.

**Once successfully completing this course, each participant will receive a renewed:**

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

**To be re-certified in Lifeguard Training, each participant MUST successfully complete the following physical skills listed below, and score 80% or better on the written exam:**

-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.

\*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

\*All required pool rescue skills & life support skills mandated by the American Red Cross Lifeguard Training Curriculum

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