

## **AMERICAN RED CROSS LIFEGUARD TRAINING via Southwestern College/Crown Cove Aquatic Center**

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Are you age 15 or older and looking for a great summer job or a challenging career?

**American Red Cross Lifeguarding** is the best place to start! Lifeguarding puts you in an exciting position, working as part of a team to help people safely enjoy the water. You could save a life too! Southwestern College offers ARC Lifeguard Training, Title 22 First Aid for Public Safety Personnel and Oxygen Administration through its Continuing Education Department. Courses are scheduled through Crown Cove Aquatic Center.

The purpose of the **American Red Cross Lifeguarding** is to provide entry-level 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.

**American Red Cross Lifeguard Training course prerequisites are as follows:**

1. Minimum Age 15 years old (Students under age 18 MUST have Parent/Guardian attend first class session (Swim Test) to sign SWC Waivers.)
2. Successfully pass the Swim Test scheduled the first day of class. The student must swim 300 yards continuously, demonstrating breath control and rhythmic breathing using the front crawl, breaststroke or a combination of both. Swimming on the back or side is not allowed. Swim goggles may be used.
3. Successfully complete the “Brick Test.” Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return to the surface, and swim 20 yards back to the starting point with object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.
4. Tread water for two-minutes (2:00) using only the legs.

To successfully complete the PREREQUISITE Swim Test above it is STRONGLY recommended the student condition themselves by swimming regularly and training for this test. There is a high attrition rate by students who come to the first class period without training, unable to swim the 300-yards or complete the brick test under the time limit.

**Participants must purchase the following supplies before class:**

- **Lifeguarding Manual** Item #655735 (New \$32; or Download the [Lifeguard Manual](#) here)
- **Emergency Medical Response Textbook** Item #656540 (New \$70) Purchase from American Red Cross Online Store <http://www.redcrossstore.org> or alternate book-sellers (e.g. Amazon). **REQUIRED for Title 22 Course.**

**The following supplies will be available at cost from your SWC Instructor:**

- Pocket Mask (\$11)
- Mask Pouch (\$10)

**Days & Times:** Students must attend and participate in all class sessions.

*Should you miss SWC's Spring or Summer Lifeguarding, Title 22, Oxygen Administration courses, check local agencies such as the YMCA, the WaveHouse Athletic Club (Belmont Park/Mission Beach) or SafeSwim (Irvine/Orange County) for available Red Cross certification courses.*