

Lifeguard Course Notification For Participants to Complete Online Learning Content

May 1, 2022

Dear Lifeguarding Course Participant:

We are excited to offer you American Red Cross Lifeguarding Blended Learning. Blended learning combines online learning with in-person skills sessions where you will practice skills and demonstrate competency. Please plan to complete all eLearning modules, including the CPR/AED for Professional Rescuer and First Aid Final eLearning exam, at least two days prior to your first in-person skills session. Most Participants complete the eLearning portion of the course in approximately 7 hours. Your experience may vary widely based on several factors including your PC, internet speed and previous training. I recommend beginning the online session as soon as possible to ensure that you are able to complete all eLearning modules prior to the first in-person skill session.

Access the eLearning content using the following link:

<https://www.redcrosslearning.com/course/73031950-15c1-11e7-b4e0-51657ecd06af>

After creating a log in using your email address and password, click “Launch Course” to begin.

Please be prepared to provide proof that you completed the eLearning content using the following method. Print or take a screen shot of your online course completion record available at the conclusion of the eLearning course and bring it to the first in-person skill session. It will read “Proceed to Skill Session”.

The in- person sessions are as follows:

Saturday June 11 th	9:00am-3:00pm	Ron Belmont Pool Complex WH
Sunday June 12 th	9:00am-3:00pm (CPR/AED/First Aid)	Senior Annex WH

All in-person sessions are mandatory to attend

On Saturday June 11th there will be a skills test prior to the start of the course

*Swim 300 meters continuously as follows:

100 Freestyle, 100 Breast Stroke and 100 choice of prior two (Total Laps 12)

*Retrieve a 10 pound object from a depth of 9 feet and swim 20 yards with object.

*Tread Water for 2 minutes without using feet

Thank You

Harrison Recreation Department