

## **Lifeguard Course Notification For Participants to Complete Online Learning Content**

January 22, 2024

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 April 6                      10:00am-3:00pm    LMK Pool

Sunday April 7                      10:00am-3:00pm (CPR/AED/First Aid) Senior Annex

### **All in-person sessions are mandatory to attend**

### **On Saturday April 6th there will be a skills test prior to the start of the course- There are 2 prerequisites-**

1.\*Complete a swim-tread-swim sequence without stopping to rest. Jump into the water and totally submerge, resurface then swim 150 yards using the front crawl or breaststroke. (Swimming on the back or side is NOT permitted. Swim goggles are allowed)

\*Maintain position at the surface of the water for 2 minutes by treading water using only your legs.

\*Swim 50 yards using front crawl, breaststroke or a combination of both.

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

Thank You

**Harrison Recreation Department**