



**American Red Cross**

## **Lifeguarding Course - Sibley, IA**

### **Training Dates:**

Friday, May 24	9:00AM to 3:30PM
Saturday, May 25	9:00AM to 3:30PM
Tuesday, May 28	9:00AM to 3:30PM
Wednesday, May 29	8:30AM to 12:00PM

\*Dates & times may be adjusted according to the weather, school activities etc.

**Location:** Sibley Outdoor Aquatic Center

**Class Description:** This class provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies, injuries and sudden illnesses until EMS personnel take over.

**Prerequisites:** Must be 15 years of age by the last day of training. Participants must successfully complete the prerequisite swimming skills evaluation to continue in the course. Swim-Tread-Swim Sequence - jump into water, totally submerge, recover to the surface and swim 150 yards. After swimming 150 yards maintain position at the surface of the water & tread for 2 minutes without hands then swim 50 more yards. Timed event - complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive to a depth of 7-10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on back to return to the starting point, exit the water without using steps or a ladder. Everyone will have 2 attempts on each.

This class is set up as a Blended Learning Class. This class is made up of 6 hours online coursework and around 21.5 hours of classroom/pool training. **You are required to attend every class to pass.**

To successfully complete the course, you must attend the entire course, participate in all skills, drills, scenarios and activities, demonstrate competency in all required skills and scenarios, and pass the final written exam with a minimum grade of 80 percent.

Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years.

Cost: \$200. The class is FREE for all future Lifeguards planning to work at the Sibley Outdoor Aquatic Center.

Questions - please contact Sara Berndgen at 712-720-7005 call/text or [sibley.rec@gmail.com](mailto:sibley.rec@gmail.com)