



American Red Cross

Lifeguarding Course - Sibley, IA

Training Dates:

Saturday, May 24	9:00AM to 4:00PM
Monday, May 26	9:00AM to 1:00PM
Tuesday, May 27	9:00AM to 4:00PM
Wednesday, May 28	9:00AM to 4:00PM

*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.

Please follow the assignments for each session. Throughout the course, online lessons should be completed by the date indicated in the chart. On the last day you MUST provide a printed document or photo showing you completed the online training.

DATE	SESSION	ONLINE LESSONS COVERED	ASSIGNMENTS
Sat. 5/24/25 9AM - 4:00PM	1	<ul style="list-style-type: none"> - Precourse & Prerequisite - Introduction - Chapter 1: Being a Professional Lifeguard - Chapter 2: Setting the Stage for Safety - Chapter 3: Surveillance - Chapter 4: Preventative Lifeguarding - Chapter 5: Responding to Emergencies - Chapter 6: Water Rescues 	<p>Read through chapters 1-6 in the Lifeguard Manual.</p> <p>Compete online learning modules 1-9 on the American Red Cross Learning Center.</p>
Mon. 5/26/25 9AM - 1:00PM	2	<ul style="list-style-type: none"> - Chapter 7: Emergency Care Foundational Concepts - Chapter 8: Ventilations and Airway Management - Chapter 9: CPR and AED 	<p>Read through chapters 7-9 in the Lifeguard Manual.</p> <p>Compete online learning modules 10 - 14 on the American Red Cross Learning Center.</p>
Tues. 5/27/25 9AM - 4:00PM Wed. 5/28/25 9AM - 4:00PM	3	<ul style="list-style-type: none"> - Chapter 10: First Aid for Sudden Illness and Injuries - Chapter 11: Head, Neck, and Spinal Injuries - Final Exams & Final In-Water Skill Scenarios 	<p>Read through chapters 10-11 in the Lifeguard Manual.</p> <p>Compete all online learning modules (15-16) on the American Red Cross Learning Center.</p> <p>Bring a copy or screenshot of the completed online portion.</p>

Questions - please contact Sara Berndgen at 712-720-7005 call/text or sibley.rec@gmail.com