

Dear Lifeguard Candidate,

The City of Spencer Pool believes that preventing an accident and saving a life is worth the hours of training and dedication essential to becoming a competent lifeguard. American Red Cross certified lifeguards have a serious responsibility to prevent accidents and handle emergencies properly. It is imperative that lifeguards are physically trained, mentally alert, and have the maturity to safely guard an aquatic area.

**Course Location:** Roane County High School and City of Spencer Pool

**Course dates/times:**

May 24-27- 4:00-7:00pm- Roane County High School

May 29-30- 12:00-5:00pm- City Pool

May 31- 4:00-7:00pm- City Pool

**Course materials/equipment; these are REQUIRED materials for the class and must be brought to every class:**

- Bathing suit/towel- when at the pool
- American Red Cross Lifeguard Manual; the manual can be downloaded for free from the Red Cross website at <http://www.redcross.org/participant>. You can print this off and bring this to class.
- Resuscitation mask; you must have a mask in order to take the class.

**We always expect you to demonstrate your maturity during classroom and pool instruction by:**

- Participating in **ALL** class, pool, and practice sessions
- Complete all nightly reading assignments for the next class
- Arriving promptly and prepared with a picture ID or other proof of age
- Presenting a positive attitude and courteous class conduct
- Making an appointment with the instructor when you have difficulty understanding the material presented or if you have specific testing needs.

**To complete the course successfully, you will be required to perform the following:**

- Demonstrate competency in each critical skill taught in the course; competency is defined as being able to perform each critical skill correctly and without guidance
- Successfully complete CPR/First Aid/AED for Professional Rescuer
- Successfully complete water tests and all scenarios
- Pass all written exams with at least an **80% score. The Lifeguard exam requires an 80% score or better on each section of the exam to pass.**
- Pass the following Physical Competency Requirement:
  - Tread water for 2 minutes **using only the legs.** Your hands will be placed under your armpits.
  - Swim 300 yards continuously, demonstrating breath control and rhythmic breathing. **You must be able to swim with your face in the water and demonstrate rhythmic rotary**

**breathing.** You may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.

- Complete a timed event within 1 minute, 40 seconds.
  - Starting in the water, swim 20 yards. Your face may be in or out of the water. Swim goggles are not allowed.
  - Surface dive, feet-first or head-first, to a depth of 12 feet to retrieve a 10-pound brick.
  - Return to the surface and swim 20 yards on your back to return to the starting point with both hands holding the brick while keeping your face at or near the surface so you can get a breath. You cannot swim the distance underwater. Exit the water without using a ladder or steps.

**The following prerequisites must be met prior to attending the course:**

- Minimum age: 16 years old by the last day of the scheduled course
- Under the age of 18 must have parental consent to participate in the course

**You also must be able to accomplish these tasks:**

- **Sit for extended periods of time in an elevated chair.** A candidate must remain alert and focused on the entire zone of responsibility for extended periods of time, even under conditions of high heat and humidity, with no lapses in consciousness. Move safely to various locations, including entering and exiting an elevated chair, while scanning the zone of responsibility.
- **Communicate with others immediately when responding to an incident or an emergency.** Candidates must be able to communicate verbally, including projecting their voice across distances; communicate swiftly and clearly with emergency personnel over the telephone and or in person; and effectively give and receive directions.
- **Hear noise and distress signals in the aquatic environment,** including in the water and anywhere around the zone of responsibility. Candidates must understand that significant background noise exists in all indoor and outdoor aquatic environments. Remain alert with no lapses of consciousness.
- **Observe all sections of an assigned zone or area of responsibility.** Candidates who use corrective eyewear should be able to perform all rescue skills and emergency procedures without interruptions to adjust, clear, or retrieve corrective eyewear.
- **Perform all rescue, resuscitation, and survival skills.** Candidates must be able to perform basic first aid, use a bag-valve mask resuscitator, use an AED (automated external defibrillator), and perform professional rescuer CPR.
- **Think** in the abstract, **solve** problems, make quick **decisions, instruct, evaluate, supervise,** and **recognize** the potential for danger or injury.
- **Have adequate memory skills** and be able to retain and apply the knowledge learned in lifeguard training.
- **Act swiftly in an emergency** and take action even when unsure whether a person is really in danger.

**By enrolling in this course, you are attesting that you can perform all the above tasks.**

In addition, please bring enough water and food to sustain you through the course hours. There will be no breaks to leave the building/pool to purchase food. Paying the course fee does not guarantee certification. Upon successful completion of the course, you will receive American

Red Cross Lifeguard certification. The American Red Cross Lifeguard and CPR/First Aid/AED certifications are valid for two years.

The City of Spencer Pool looks forward to teaching the knowledge and skills needed to be an American Red Cross Lifeguard. If you have any questions, you can email me at [girlish\\_smash@yahoo.com](mailto:girlish_smash@yahoo.com) or contact me at 304-532-6983.

Sincerely,

Annette Claypool  
City of Spencer Pool Manager  
American Red Cross Lifeguard Instructor

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I have read and agree to the above requirements

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Candidate's signature

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Phone Number

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Parent/Guardian's signature  
(If candidate is under 18 years of age)

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Phone Number

\$45.00 Non-refundable Fee due on first class meeting.

**Please Return to:**

Annette Claypool

Method of Payment: Cash Check# \_\_\_\_\_ Amount: \_\_\_\_\_ Date Paid: \_\_\_\_\_