



**FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YMCA Lifeguard Additional Information

PRE-REQUISITE SWIM TEST: (Must complete all 3 phases) on March 5, 2012

Phase 1: Tread water for 2 minutes (legs only) Swim 100 yards of front crawl.

Phase 2: Swim 50 yards of each: front crawl with the head up, sidestroke, breaststroke, breaststroke with the head up, elementary backstroke kick with hands on the chest. Perform a feet first surface dive in 7.5 feet of water & then swim underwater 15 feet.

Phase 3: Participants start in the water at shallow end, sprint for a distance of approximately 60 feet, & then perform an arm-over-arm surface dive in 7.5 feet of water, pick up an object from the bottom of the pool, surface, tread water for at least 1 minute with legs only, & replace the object back to the bottom of the pool where it was found. Swim the remaining length to the end of the pool, and hoist yourself out of the pool. Immediately begin compressions on an adult manikin for 1 minute or 100 compressions; stand and listen to directions from instructor.

eLearning Assignments

This course requires the participant to complete 8.5 hours of eLearning. Upon completing the pre-requisite swim test on March 5, the lifeguard candidate will be assigned 3 eLearning assignments for the 3 ASHI courses, CPR Pro, First Aid, and Emergency Oxygen. The ASHI eLearning assignments must be completed and have printed certificates with them to present to the instructor on March 9.

During the remaining class days, the participant will be assigned YMCA Lifeguard eLearning assignments. The participant will need to complete the assigned eLearning module and print the certificates to present to the lifeguard instructor on the next day of the class.

Certification Requirements

100% participation in the YMCA Lifeguard course. Must score 80% or higher on each section of the YMCA Lifeguard tests. Must score 80% or higher on the CPR Pro for the Professional Rescuer, Basic First Aid for the Community, and Emergency Oxygen Administration written tests. Successfully perform all practical skills. Successfully demonstrate the ability to prevent, recognize, activate emergency action plan, rescue, provide emergency care, and complete reports. Successfully demonstrate strength and maturity to be a YMCA Lifeguard, to prevent accidents, and also respond to emergencies through classroom and pool scenarios.

Items Participants Must Bring

Swim suit, towel, picture id (proof of age), minor participant form for participants under 18, and eLearning completion certificates for ASHI and YMCA Lifeguard.