

2020 American Red Cross Course Schedule Guidelines

Columbus Pool Management offers a variety of American Red Cross courses throughout the year for certification in Lifeguarding, First Aid & CPR/AED for Lifeguards. In these courses, you will learn about the duties and responsibilities of a Lifeguard and how to carry them out in a professional manner.

Successful course completion requires **100% participation** in classroom and skill sessions, as well as successful performance in skill and knowledge evaluations. **If you miss any classes, there are no make-ups. The schedule IS THE schedule, no substitutions.** You must re-register and pay to attend another class. **Please provide picture ID on the first day of the Course.**

Due to the nature of the skills in this course, you will participate in strenuous activities, such as performing CPR on the floor and removing someone from the water. If you have a medical condition or disability or if you have any questions about your ability to participate fully in this course, discuss them with your physician or healthcare provider and with an American Red Cross Lifeguard Instructor **BEFORE** you start this course.

Refund Policy

Once you have paid for the Lifeguard class you have reserved your spot in the class. When the first day of class has begun there will be **NO REFUNDS** for any reason. If the first day of class has not begun, you may move your registration to another Lifeguarding class offered by Columbus Pool Management in the same year dependent on course availability. If you do not pass the prerequisite there will be **NO REFUNDS** for any reason, so make sure you are prepared! You must re-register and pay to attend another class. Columbus Pool Management reserves the right to cancel a class due to lack of enrollment. If this occurs, you will be offered first choice in the next available class.

Certifications

Lifeguard Course includes all the following:

- American Red Cross Lifeguard Training certificate - valid for 2 years
- American Red Cross First Aid - valid for 2 years
- American Red Cross CPR/AED for Professional Rescuers - valid for 2 years

All Full Certification classes are “Blended Learning” – participant must complete (and pass) On-Line Modules required by the American Red Cross (approximately 8 hours) prior to attending the “Face-to-Face” classes. The Blended Learning material will be sent via email approximately 7-10 days prior to the first day of class.

Prior to signing up for a class, please ensure that your schedule will allow you enough time to successfully complete the On-Line Modules at least 24 hours in advance of the first day of class.

Pre-Course Requirements - The purpose of the swim test is to demonstrate comfort in the water.

- You must be at least **15 years of age for Lifeguarding** before the last day of the training class to participate.
- **300 Yard Swim** (300 yards of freestyle or breaststroke – this is not a timed event)
- **Brick Test** - Swim out 20 yards, surface dive 10ft deep, retrieve a 10-pound weight from the bottom of the pool, return to the surface, and swim it back 20 yards to the start position. This objective is timed at 1 minute & 40 seconds.
- **Tread Water** - You must tread water without using your hands for 2 minutes.

Class Locations:

These classes will be held at pools in the central Columbus area, and supplemented with class-time at our Lewis Center office. Exact locations will be communicated with you at time of sign-up.

To Register:

Unless otherwise instructed, follow these guidelines:

Visit Columbus-pmg.com and click on Lifeguard Certification. Accept the terms and the schedule will appear. Choose your class. We will register you with the American Red Cross and you will receive an e-mail from Columbus Pool Management with your login information. *This does not happen immediately.* **Classes designated as COLUMBUS STAFF ONLY requires employment with Columbus Pool Management, no exceptions.**