



LIFEGUARD CLASS

DATES: SEPTEMBER 6-21 REGISTER BY: AUGUST 30 SWIM TEST: AUG 26 | 6:30PM

+ CLASS FORMAT:

This class combines online learning, classroom sessions, and pool practice to create an ideal environment for all learning types and ensure that lifeguard candidates are practiced, proficient, and prepared to take on the responsibility that comes with the title of lifeguard.

+ CLASS POLICIES:

- Come prepared for each class and fully participate.
- Candidates are responsible for their own learning and required to complete all pre-work and homework as outlined on the back of this syllabus
- Classes cannot be made up; so candidates must ensure they can attend all dates listed on the back of this syllabus.
- Every effort will be made to honor the schedule outlined by the syllabus, but certain factors during the class may require additional time depending on the number and retention of participants. Any additional time will be agreed upon by all candidates and instructors so as not to create schedule conflicts.
- The On the Guard Manual and medical student manuals are on loan and must be returned at the end of the class. Failure to do so will incur a \$30 charge per manual to be paid by the candidate.
- Candidates must provide the YMCA with correct email addresses to ensure the online training will be received.
- Enrollment does not guarantee certification and certification does not guarantee employment at the YMCA.

OR BY APPOINTMENT

YMCA LIFEGUARD SWIM TEST

PHASE ONE

- Swim 100 yards each of crawl stroke and breaststroke
- Swim 50 yards each of the following:
 - front crawl with head up
 - breaststroke with head up
 - whip kick on back (no arms)

PHASE TWO

tread water for 2 minutes - no arms

PHASE THREE

- Sprint 60 feet from shallow end to deep end, and use an arm-over-arm surface dive to pick up an object on the bottom.
- Tread water holding object for one minute, no arms.
- Swim the remaining distance on your back, holding the object on your chest
- Place item on pool deck and lift yourself out of the pool without use of a ladder
- perform 100 compressions on a manikin, then follow directions from instructor



CERTIFICATION CLASS SCHEDULE

TUESDAY AUGUST 26

SWIM TEST

6:30 PM

BRING: Swimsuit, towel, goggles, photo ID. Meet your Lifeguard Instructor(s) on the pool deck bleachers by the record board **ready to swim** at 6:30PM



SATURDAY

SEPT 6

10-6 PM

BRING: HSI Student Binder, On the Guard Manual, note-taking materials, water, lunch, and snacks, signed candidate welcome letter (with guardian signature if under 18)

HOMEWORK: Complete YMCA prerequisite bundle (QR code on opposite side) and register for the course through the Learning and Career Development Center (LCDC). Read the On the Guard Manual (OTG) introduction.

BRING TO ALL SUBSEQUENT CLASSES: HSI Student Binder, On the Guard Manual, note-taking materials, Participant Guide, fanny pack with whistle and mask, swimsuit, towel, water, and food.

SUNDAY

SEPT 7

12-5 PM

HOMEWORK: Read OTG chapters 1-3

CLASSROOM: Lifeguard Procedures/Prevention, Rules/Regulations, and Accident Prevention

POOL: Personal Safety Skills and Nonswimming Assists

SATURDAY

SEPT 13

12-4 PM

HOMEWORK: Read OTG chapters 4-5

CLASSROOM: Scanning and Recognition, Recognize Drowning

POOL: Distressed Swimmers

SUNDAY

SEPT 14

12-5 PM

HOMEWORK: Read OTG chapters 6-10 and read case studies from the Participant Guide (pgs. 33-41) and answer questions; be prepared to discuss in class.

CLASSROOM: Activate EAP, Rescue Skills and Equipment, Procedures, Emergency Care in the Aquatic Environment, Lifeguard Professionalism and Aquatic Liability

POOL: Unresponsive Persons

SATURDAY

SEPT 20

12-5PM

HOMEWORK: Read OTG chapters 14-15

CLASSROOM: Rescue Procedures, Off the Stand, and Your Career and Development

POOL: Injured and Unresponsive Persons, and Spinal Injury Management

SUNDAY

SEPT 21

12-5 PM

HOMEWORK: Review all eLearning, reading, and course materials

CLASSROOM: Course Review and Exams!

POOL: Water Skills Evaluation

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Eager to get started? You
can begin the online
training for free!

