**American Red Cross Lifeguard**

**Blended Learning Classes**

Dear Lifeguard Participant:

Thank you for enrolling in the American Red Cross Lifeguard Blended Learning Course.

Blended learning combines online learning with on-site skills sessions, where you will practice skills and demonstrate competency. Please Plan to complete the initial online sessions which you will practice those skills learned and demonstrate competency in the onsite lessons.

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services personnel take over.

To enroll in the Lifeguarding course, you must be at least 15 years old before the last scheduled class session.

**Full and Re-cert links to online coursework is the same regardless**

The Registration Link for the online coursework is: [http://redcrosslearning.com/course/73031950- 15c1- 11e7-b4e0-51657ecd06af](http://redcrosslearning.com/course/73031950-%2015c1-%2011e7-b4e0-51657ecd06af%20All)

**All Full and Recert classes days and time are the same. Since it is a blended learning class all materials taught will be handled the same.**

**Course 1: May 15-17, 2020**

Online Course work must be completed by May 14.

May 15, 2020 from 7:00-8:00 pm (Prerequisite)

May 16 & May 17, 2020 from 9:00 am-4:00 pm

All Prerequisites & Classes will be held at:

**Warrington’s Mary Barness Community Pool**

**2501 Freedoms Way Warrington, PA 18976**

To successfully complete the course, you must complete and show proof of the blended learning activities, attend the on-site skill sessions, participate in all skill sessions/drills, activities and scenarios, demonstrate competency in all required skills and scenarios, and pass the final written exams with a minimum grade of 80 percent.

The practice sessions will require some strenuous physical activity.

You are encouraged to check with your health care professional before participating in the practice sessions. If a medical condition or disability exists that might prevent participation in the activities, or there are questions about fully participating in the Lifeguarding course, please contact me to discuss this before the course begins.

**How a blended learning class works:**

Please plan to complete the initial online lessons of your training at least one day prior to your skills session starting on May 15.

Please follow the registration process highlighted above to gain access to the online portion.

* Copy and paste the link above into your browser.
* If you do not already have an account, you will need to create one – click the “New User” link and complete the information for the account – please make note of your username and password for future access to the online content.
* Once your account is created, it will take you to the “Online Portion for blended Learning. Click “LAUNCH COURSE” on the right side of the screen. The box is in red. Now begin your course
* To log in at a later time:

1. Click <http://classes.redcross.org>
2. Enter your username and password.
3. Go to the “My Learning” tab and the “My Enrollments” page will be displayed.
4. Select the “Launch” link for the appropriate course to view and take the content.

**If you are having technical issues, contact the Training Support Center: Call: 1800-RED-CROSS (800-733-2767) Email:** [**support@redcrosstraining.org**](mailto:support@redcrosstraining.org)

Once you register for the course please complete all of the reading chapters and all lessons by the Pre-requisite day (May 15). You must bring Proof of completion or you will not be accepted into the course.

Students may provide the instructor one of the following as proof that they completed the online portion of the course:

* A copy of the completion record that may be printed from the online course.
* A copy of the email confirmation received upon completion of the online portion
* Visibility to the completion status that appears above the “Launch Course” button (requires student to log in to the direct links platform using the course URL provided by the instructor)

**On Site Skill Session Information:**

All Prerequisites and Classes will be held at:

**Warrington’s Mary Barness Community Pool**

To participate in the course, you must be able to pass all the prerequisite skills evaluation that includes the following:

1. Swim 300 yards (6 laps {up and back is 1 lap} or 12 lengths) continuously demonstrating breath control and rhythmic 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.

2. Tread water for 2 minutes using only the legs. You should place your hands under your armpits.

3. Complete a timed event within 1 minute, 40 seconds. ■ Starting in the water, swim 20-25 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 10-11 feet to retrieve a 10-pound object. ■ Return to the surface and swim 20-25 yards on your back to return to the starting point with both hands holding the object while keeping your face at or near the surface so you are able to get a breath. You should not swim the distance under water. Exit the water without using a ladder or steps. Goggles cannot be used.

All candidates will be given **one** attempt to successfully complete all 3 of the lifeguarding prerequisites, written tests, and skill tests. A failed attempt in any of these areas disqualifies the candidate from the course. The prerequisite night is mandatory for all students.

**Please bring a swimsuit and towel for the prerequisite and for every class. Make sure to bring/save your book (hardcopy or electronic version on your tablet/laptop) change of clothes, glasses if you wear them, a light jacket (the room may be cold), lunch, snacks and water.**

There are no make ups for arriving late to class, missed classes and missed online course work. You will be asked to leave the class and will need to reschedule if possible.

Please click here for your **Lifeguard manual**. <https://www.redcross.org/content/dam/redcross/atg/PDFs/Take_a_Class/Lifeguarding_PM_sample_chapter-2012.pdf>

**Certification:**

Upon successful completion of the course, you will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years.

Please log onto your Red Cross account within a weeks’ time to print off your certification. If there is no certificate in your account, please give the instructor time to input the information and try the next day. The instructor **will not** send you your certification.

For students who have passed the class please log onto the Learning Center and print off your own certificate of completion. To print certificates, participants should:

* Log in to American Red Cross Learning Center
* Once logged in, click on the “My learning” tab
* Click on “My transcript” in the left navigation pane
* Click on the link labeled “Print Certification of Completion” for the need certificates Participants may need to adjust the Completion Date after and/or “Completion date before” fields in order to find the items in the transcript.

**Additional Information:**

Make sure to bring full payment in the form of a check for $210.00 on the Pre-Req night if you have not made prior payment. All recerts must bring proof of certification on the pre-req night or will not be considered a recert.

If you have lost your card. Please call 1800-REDCROSS and ask for assistance or click the link below.

Visit [**https://www.redcross.org/take-a-class/digital-certificate**](https://www.redcross.org/take-a-class/digital-certificate) to access a copy of the valid certificate with your student training information.

There is also a $50.00 non-refundable fee for not meeting the prerequisites, which would require cancellation from the course.

Please note that to run the class we must have at least 5 people successfully pass the prerequisites. If not the class will be cancelled and you will need to reschedule

If you have questions, please contact me directly at redcrosslgi@gmail.com. I respond faster to emails than phone calls or you can call me at 609-202-5766

Sincerely,

Andrea Godshall

American Red Cross Lifeguard Instructor