



Health and Safety
Services

LIFEGUARD TRAINING 2010
Session II
March 17 - March 29
Cost - \$150
Mike Sykes, Instructor
MSU Carr Health Pool

Calloway County Chapter
607 Poplar St.
Murray, KY 42071
(270)753-1421
hbosse@callowaycoredcross.org

DATE	TIME	LOCATION
Wednesday, March 17	5:00 p.m. - 9:00 p.m.	Carr Health Pool (Class & Swimming Pretest - bring swim suit)
Saturday, March 20	8:00 a.m. - 2:00 p.m.	Carr Health (class & pool - bring swimsuit)
Tuesday, March 23	5:00 p.m. - 9:00 p.m.	Carr Health (class & pool- bring swimsuit)
Wednesday, March 24	5:00 p.m. - 9:00 p.m.	Carr Health
Thursday, March 25	5:00 p.m. - 9:00 p.m.	Carr Health
Sunday, March 28	8:00 a.m. - 2:00 p.m.	Carr Health
Monday, March 29	5:00 p.m. - 9:00 p.m.	Carr Health

Lifeguard Pretest: Participants must have basic swimming skills and show comfort in the water. Participants must be able to swim 300 yards continuously, using these strokes in the following order:

- 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick,
 - 100 yards of breaststroke using a pull, breathe, kick and glide sequence,
 - 100 yards of front crawl or breaststroke or a combination of either stroke,
- This portion of the pretest is not timed but you cannot pause at any time.

Timed Event: Starting in the water swim 20 yards of either front crawl or breaststroke, you will do a head first surface dive 7-10 feet and retrieve a 10-pound object, return to the surface and swim back to the starting point with the object being held with both hands and the participant swimming on his back, never allowing your face to go back under the water or to take either hand off the 10-pound object, and then exit the water without using ladder or steps, within 1 minute 40 seconds.

Lifeguards must demonstrate competency in each skill taught. Must be able to correctly answer at least 80% of the questions on the final written exam. Must satisfactorily perform rescues in skills scenarios. For questions please the instructor at mikeyskey@hotmail.com.

I will not hold the American Red Cross or any of its agents responsible for any accidents which may occur during the training session.

By signing below, I am stating that I have read and understand the above requirements and waiver.

Signature

Date

*The instructor will inform the Red Cross office of any participants who do not pass the swimming pretest and \$85.00 of the \$150.00 registration fee will be refunded. **There will be no refunds to participants who do not complete the course due to scheduling conflicts.***