



**American
Red Cross**

Metropolitan Atlanta Chapter Aquatic Safety Training Schedule Autumn 2010

Updated September 1, 2010



LIFEGUARDING

This program is the current and most up-to-date Lifeguarding program. Features include: CPR/AED skills compliant with ECC 2005 guidelines, refined rescue techniques and streamlined course layout that provides more water time for participants to practice and refine skills. This is a professional level rescuer course with strenuous physical skill requirements. Students will learn Lifeguarding skills, First Aid and CPR/AED for the Professional Rescuer in this class. The minimum amount of time for this class is 31 hours 15 minutes.

Requirements:

- Minimum age: 15 years
- Swim 300 yards continuously using these strokes in the following order:
 - ♦ Front crawl for the first 100 yards with face in the water, rhythmically breathing, using a propellant kick.
 - ♦ Breast Stroke 100 yards. The stroke must be demonstrated using “Pull, Breathe, Kick, Glide” sequence.
 - ♦ 100 yards of either front crawl using rhythmic breathing or breaststroke as described above
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive to depth of 7-10 feet, retrieve a 10 pound brick off the bottom of the pool, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within **1 minute 40 seconds**.

Lifeguarding Program	
Location:	Georgia State University
Dates:	September 10 – September 19
Times:	Fridays, 6 – 9 pm Saturdays, 10 am – 6 pm Sundays, 12 – 6 pm
Contact:	Nigel Harris, (404) 413 – 1775
Fees:	\$165.00

Lifeguarding Program	
Location:	Kedron Aquatic Center, USA Pools
Dates:	September 11 – September 19
Times:	Saturdays, 10 am – 8 pm Sundays, 1 – 7 pm
Contact:	www.usapools.com or USA Pools, (770) 631 – 8552
Fees:	\$250.00

Lifeguarding Program	
Location:	Atlanta Swim Academy
Dates:	October 4 – October 20
Times:	Mondays/Wednesdays/Fridays, 7 – 10 pm Saturdays, 9 am – 2 pm
Contact:	Atlanta Swim Academy, (770) 973 – 3120
Fees:	\$199.00

Lifeguarding Program	
Location:	G Cecil Pruett Family YMCA
Dates:	October 4 – October 10
Times:	Monday – Friday, 5 – 9 pm Saturday & Sunday, 2 – 8 pm
Contact:	Peggy Donaldson, (770) 345 – 9622
Fees:	\$215.00



LIFEGUARDING REVIEW

Students must have current certification in LGT to register for this class. Students successfully completing this course will receive certification in: Lifeguarding/First Aid and CPR/AED for the Professional Rescuer. The minimum amount of time for this class is 21.5 hours.

Prerequisites:

- **Current** American Red Cross CPR/AED for the Professional Rescuer certificate or equivalent certificate from American Heart Association.
- **Current** American Red Cross Lifeguard Training Certificate
- Swim 300 yards continuously using these strokes in the following order:
 - ♦ Front crawl for the first 100 yards with face in the water, rhythmically breathing, using a propellant kick.
 - ♦ Breast Stroke 100 yards. The stroke must be demonstrated using “Pull, Breathe, Kick, Glide” sequence.
 - ♦ 100 yards of either front crawl using rhythmic breathing or breaststroke as described above
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive to depth of 7-10 feet, retrieve a 10 pound brick off the bottom of the pool, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within **1 minute 40 seconds**.

Lifeguarding Review Program	
Location:	No Classes Scheduled
Dates:	at this time
Times:	
Contact:	
Fees:	



LIFEGUARDING INSTRUCTOR

This course prepares instructor candidates to teach the following American Red Cross courses: The revised Guidelines 2005 Lifeguarding, CPR/AED for the Professional Rescuer, Shallow Water Attendant, Lifeguard Management, Basic Water Rescue, Administering Emergency Oxygen, Bloodborne Pathogens Training: Preventing Disease Transmission, GuardStart: Lifeguarding Tomorrow and Longfellow's Whale Tales. With successful completion candidates are able to self-orient to teach other Red Cross First Aid & CPR programs. The course is 26 hours including a 7-hour pre-course session. There is an additional 4 hour session which includes the Red Cross Fundamentals of Instructor Training course.

Prerequisites:

- Candidates must be at least 17 years old.
- Candidates must be or have been certified in Red Cross Lifeguarding.
- Successfully pass pre-course written exam and skills scenarios. Prospective candidates who hold current certification in Red Cross Lifeguarding (r.06) will exceed the requirements for taking the pretest. However, all prospective candidates must undergo pre-testing. You must review your skills before entering this class. Basic skills will not be taught to participants.

Lifeguarding Instructor Program	
Location:	No Classes Scheduled
Dates:	at this time
Times:	
Contact:	
Fees:	



CPR/AED FOR THE PROFESSIONAL RESCUER

The purpose of this course is to teach professional rescuers (those with duty to respond) the skills needed to respond appropriately to respiratory and cardiac emergencies. Adult, Child, and Infant skills will be covered as well as 2 person CPR and the use of breathing devices. The course is 9 hours in length.

CPR/AED for the Pro Rescuer Training Program	
Location:	Red Cross District Offices
Dates:	Schedule Varies – Call for Information
Contact:	Red Cross Customer Service (404) 575 – 3730 option 3
Fees:	\$95.00



CPR/AED FOR THE PROFESSIONAL RESCUER REVIEW

You must have a current CPR/AED for the Professional Rescuer certification to participate in the review course. New material will be introduced and all skills will be reviewed & tested. You must also pass the written test. All participants should have a current Lifeguarding book and bring their pocket mask from previous training to class.

CPR/AED for the Pro Rescuer Review Training Program	
Location:	Beulah Missionary Baptist Church – Advanced Aquatics
Dates:	September 4
Times:	Saturday, 9 am – 1 pm
Contact:	Advanced Aquatics, (770) 472 – 5959
Fees:	\$70.00

CPR/AED for the Pro Rescuer Review Training Program	
Location:	G Cecil Pruett Family YMCA
Dates:	September 24
Times:	Friday, 5 – 10 pm
Contact:	Peggy Donaldson, (770) 345 – 9622
Fees:	\$45.00

CPR/AED for the Pro Rescuer Review Training Program	
Location:	G Cecil Pruett Family YMCA
Dates:	October 9
Times:	Saturday, 2 – 7 pm
Contact:	Peggy Donaldson, (770) 345 – 9622
Fees:	\$45.00



WATER SAFETY INSTRUCTOR (r.09)

This newly updated course is designed to prepare candidates to teach the revised American Red Cross Swimming and Water Safety courses including:

- Learn to Swim Levels 1 – 6
- Parent and Child Aquatics (2 levels)
- Preschool Aquatics (3 levels)
- Water Safety Today & Water Safety presentations
- Longfellow's WHALE Tales
- Basic Water Rescue
- Safety Training for Swim Coaches (r.07)

The course is 30 hours including a 3-hour pre-course session. There is an additional 4 hour session which includes the Red Cross Fundamentals of Instructor Training course.

Prerequisites:

Candidates must be at least 16 years old and must demonstrate with proficiency the following strokes:

- Front crawl
- Back crawl
- Breast stroke
- Sidestroke
- Elementary backstroke
- Demonstrate a recognizable Butterfly stroke

Candidates must also demonstrate:

- The ability to maintain position while floating on back in deep water for one minute
- Be able to tread water for one minute
- Demonstrate they meet the maturity criteria necessary for swim instruction

	Water Safety Instructor (r.09) Program
Location:	Atlanta Swim Academy
Dates:	November 2 – November 18
Times:	Tuesdays & Thursdays, 6 – 10 pm Saturdays, 9 am – 2 pm
Contact:	Atlanta Swim Academy, (770) 973 – 3120
Fees:	\$295.00

	Safety Training for Swim Coaches
Location:	No Classes Scheduled
Dates:	at this time
Times:	
Contact:	
Fees:	



BASIC WATER RESCUE

This course provides individuals with the information and skills necessary to prevent, recognize, and respond to aquatic emergencies using non-swimming rescues. It prepares individuals for aquatic emergencies by teaching them how to keep safe while assisting a victim. Basic Water rescue is designed for professionals who conduct and oversee water activities as well as any individual who would like to increase their knowledge about water safety. This course includes practical and written skill evaluations.

- There are no prerequisites for this class.
- Students **will** get into the water. Swim suit required
- This class is four (4) hours in length.
- This class is required for Foster Parents in the state of Georgia.

	Basic Water Rescue Program
Location:	Beulah Missionary Baptist Church – Advanced Aquatics,
Dates:	September 11
Times:	Saturday, 9 am – 1 pm
Contact:	Advanced Aquatics, (770) 472 – 5959
Fees:	\$50.00



SAFETY TRAINING FOR SWIM COACHES

This new revised eight - (8) hour course is a joint program of the American Red Cross and United States Swimming, Inc. The main purpose of the course is to provide training in aquatic safety for competitive swim coaches, officials, aquatic exercise trainers, and other individuals involved in aquatic competition or exercise programs. All participants must be 15 years of age by the last scheduled date of a class to participate. **This is a required course for all USA Swimming coaches.**

Other goals of the program are to:

- Understand the guidelines for responsible coaching and professional conduct as it relates to swimmer safety.
- Understand the legal responsibilities of the coach in swimmer safety and protection.
- Understand the safety considerations that are most important in planning athlete training and swim practice in pools, on dry land and in open water situations.
- Demonstrate how to perform basic assists to aid a swimmer in distress.
- Learn how to recognize and care for possible head, neck or back injuries.