

# Brockton Community Schools



## LIFEGUARD TRAINING SUMMER 2018

Register online at [www.brocktoncommunityschools.com/Student Summer 2018](http://www.brocktoncommunityschools.com/Student Summer 2018)

Brockton Community Schools and Brockton Public Schools Athletic Department are pleased to present the American Red Cross Lifeguard Training Course. Learn the skills necessary to become a lifeguard, one of the best jobs available for young people. This is a hybrid course which will prepare and provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies, injuries, and sudden illnesses until emergency medical services (EMS) personnel arrive.

This 27-hour course includes online lessons, classroom instruction, water exercises, and practical applications in the Brockton High School swimming pool. Participants need to be proficient in basic swimming skills and have computer access. Training and certification in Lifeguarding, CPR, AED, and First Aid for the professional rescuer is included in the \$150 fee.

For those registering for full certification there is a \$150 fee, which includes certification fees and class materials. (Limit: 20 participants.) Recertification fee is \$85 (bring mask). [\\*Mandatory Re-certification dates.](#)

### Prerequisites

*Lifeguarding is a strenuous job that requires physical fitness and mastery of the basic swimming strokes.*

1. Must be 15 years old on or before the final scheduled session of this course. (6/9/18)
2. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates swim 100 yards free style, 100 yards breast stroke, and 100 yards of either previous strokes.
3. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
4. Complete a timed event within 1 minute, 40 seconds.
  - Starting in the water, swim 20 yards.
  - Surface dive, feet-first or head-first, to a depth of 10 feet to retrieve a 10-pound object.
  - Return to the surface and swim 20 yards on the back to return to the starting point.

### May/June 2018 - Training

*Please bring proper attire for the classroom instruction and a bathing suit for the pool instruction to every class session. ( \*Recert classes)*

SUN	MON	TUES	WED	THU	FRI	SAT
27	28	29 4PM-7PM Pool	30 *RECERT CLASS only 4:00-6:00PM	31 4PM-7PM R225	1 4PM-7PM Pool	2
3	4 4PM-7PM Pool *	5 4PM-7PM R225 *	6 4PM-7PM R225	7 4PM-7PM Pool *	8 MAKE UP	9 Final Exam 8:00-9:00AM* 9:00AM- 12PM Pool/R225