



American Red Cross

LIFEGUARDING REVIEW COURSE

PURPOSE: The purpose of the review course is to give currently certified American Red Cross Lifeguards the opportunity to review course content within a formal course setting. The review course format optimizes a participant's ability to successfully complete the knowledge and skills evaluations. Upon successful completion of the course, candidates renew their American Red Cross Lifeguard Certification for 2 years.

COURSE PREREQUISITES:

- Candidates must hold a current American Red Cross Lifeguarding certificate or that is expired <60 days.
- Swim 300 yards' front crawl, back crawl, or a combination of both continuously demonstrating breath control and rhythmic breathing. Swimming on back or side is not allowed. Goggles may be used.
- Tread water for 2 minutes, using only legs with hands placed under the armpits.
- Complete a timed event within 1 minute, 40 seconds: Starting in the water, swim 20 yards. Goggles are not allowed. Surface dive to a depth of 7-10 feet and retrieve a 10-pound object. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface of the water. Exit the water without using steps.

RECERTIFICATION REQUIREMENTS: To renew a lifeguard certificate, candidates must successfully complete all course prerequisites, attend and actively participate in all course sessions, demonstrate competency in all required skills and activities, pass the final skills scenarios and score a minimum of 80% on the final written exam.

IMPORTANT NOTES: Participants should provide their own resuscitation mask and bring a swimming suit and towel to all class sessions. Participants should also bring their American Red Cross Certification to show they are currently certified. Participants will be given an opportunity to practice and ask questions before the exam; however, they should come prepared to pass the written and physical portion of the test without in depth instruction.

FEE: \$85.00. Course participants are required to provide their own individual rescue mask. Course Participants will be issued a Fox40® whistle as part of their registration fee.

LOCATION: Spokane County's Northside Family Aquatics Facility, 801 E. Handy Road, Colbert WA 99005

COURSE DATE:

Saturday June 1st, 8am – 6pm

REGISTRATION: To register visit www.teamsideline.com/spokane/county and follow the Aquatic link.

CONTACT: For more information, please contact Spokane County Parks, Recreation and Golf Department at (509) 477-4730 or email us at recreation@spokanecounty.org.

