

**LIFEGUARD TRAINING SPRING 2016**  
**New Guards**

**Sign-up**

Those who wish to participate in the course must sign-up at the Junction City Community Center by **Friday, May 6<sup>th</sup>** Address: 175 W. 7th Ave, Junction City Phone: 541-998-4767 Hours: 11:00a-5:30p MWF There are a limited number of positions in the course, and positions will be filled on a first paid first served basis.

**The Course Materials Fee is \$45** that must be paid no later than the start of Lesson 1.

**PLEASE NOTE:** The 2016 Updated Lifeguard Manual is included with the \$45 course materials fee.

<b>New Guard Training</b>	<b>Date</b>	<b>Time</b>	<b>Topic</b>
	5/13 Fri.	6:00p - 7:00p	Precourse
	5/14 Sat.	10:00a - 4:00p	Lesson 1, Lesson 2
	5/15 Sun.	10:00a - 4:00p	Lesson 3, Lesson 4
	5/20 Fri.	5:00p - 8:00p	Lesson 5
	5/21 Sat.	10:00a - 4:00p	Lesson 6, Lesson 7,
	5/22 Sun.	10:00a - 5:00p	Lesson 8, Lesson 9

Lunch Breaks will be provided during Saturday and Sunday classes from 1:00p - 1:30p.

**Precourse**

To be eligible for the Lifeguarding Course, lifeguard candidates must -

- Be at least 15 by the last day of the lifeguard course (5/22/2016)

Age verification will be required during the pre-course. Possible types of verification include, but are not limited to: Driver's License, Birth Certificate, or Driver's permit. School IDs will not be accepted.

- Successfully complete the following swimming tests to the satisfaction of Instructor.

Swim Test: Swim 300 yards continuously (100 yards front crawl, 100 yards breaststroke, 100 yards either.) Note: There is no time requirement for this skill. The participant must only show capability of completing this requirement to satisfaction of Instructor. Goggles are allowed but strongly discouraged.

Treading Test: Tread water for 2 minutes using only the legs. Head must remain above the surface of the water at all times.

Skill Test: Start in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 ft, retrieve a 10 lb brick, return to the surface, swim 20 yards back to the starting point with object and exit the water without using a ladder or steps, within 1 min, 40 seconds.

<b>Topic</b>	<b>Focus In-Depth</b>
Pre-course	Age Verification, Swimming Tests
Lesson 1	Professional Lifeguard and Facility Safety
Lesson 2	Patron Surveillance and Injury Prevention
Lesson 3	Rescue Skills, Part 1
Lesson 4	Rescue Skills, Part 2
Lesson 5	Before Providing Care, Victim Assessment, and Breathing Emergencies
Lesson 6	Cardiac Emergencies and Using an AED
Lesson 7	First Aid
Lesson 8	Head, Neck, and Spinal Injuries in the Water
Lesson 9	Final Written Exam and In-Water Skill Scenarios

## **Course Objectives**

---

The purpose of the American Red Cross Lifeguarding course is to teach candidates the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies and prevent drowning and injury. Attached you will find a list of skills that will be covered in this course.

Successful completion requires participation in skills practice. 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 us to discuss this before the course begins.

Upon successful completion of the Lifeguarding Course, each participant will receive an American Red Cross Universal Certificate indicating Lifeguarding/First Aid/CPR/AED, which is valid for 2 years.

## **Personal Equipment**

---

Participants should bring the following items to every class:

- Swimsuit (females are to wear only one-piece suits)
- Towel
- Sunscreen
- Water bottle
- Breathing Barrier Mask (will be provided on the first Saturday)

## **Location**

---

The Lifeguard Course will be held at the Junction City Pool (Max Strauss Pool)

Address: 1515 Laurel St                      Phone: (541)-998-3621  
                    Junction City, Oregon                      Off Season phone: (541) 998-4767

A certified lifeguard will be on duty during the In-Water portions of the course.

## **Attendance**

---

Participants should arrive early for all classes and return from breaks on time, as the class is on a strict schedule and will continue despite full attendance.

**Participants must attend all class sessions in order to successfully complete the class.**

## **Employment**

---

**Please note: Successful completion of the Lifeguard course will not guarantee employment at the Junction City Pool.**

**To be considered for employment, candidates must submit a separate employment application to the City of Junction City by May 18, 2016 at 5pm. Employment applications are available at City Hall, 680 Greenwood St. Junction City OR, or online at [www.junctioncityoregon.gov](http://www.junctioncityoregon.gov), go to "Employment Opportunities".**