

Lifeguard Training Course

Prerequisites:

1. The student must be at least 15 years of age by the end of the course.
2. Swim 300 yards continuously, using the following:
 - a. 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or the front.
 - b. 100 yards of breaststroke using a pull, breathe, kick, and glide sequence.
 - c. 100 yards of either the front crawl or breaststroke. The 100 yards may be a combination of the front crawl and breaststroke.

Note: *There is no time requirement for this skill. The participant must show only that he or she can swim 300 yards using the above strokes without stopping. The purpose of the swim is to demonstrate comfort in the water.*

3. Starting in the water, swim 20 yards using the front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10 pound object, 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 and 40 seconds.

Notes:

Upon successful completion of the lifeguarding course, each participant will receive two American Red Cross Universal Certificates via email. One indicates Lifeguarding/First Aid, which is valid for 3 years and another indicating CPR/AED for Professional Rescuer, which is valid for 2 years.

Course Cost: \$390

Students must register with the Certification School Form and full tuition included.

All course materials and supplies are provided. Lunch is included for day trippers. Room and Board can be arranged for candidates 18yrs of age and older. Please wear comfortable clothes. All session dates must be attended for certification.

Course is held at the Cape Cod Sea Camps. For further information, please call 508-896-3451 or email kellsie@capecodseacamps.com