

# MARC Lifeguarding Course

The purpose of the MARC American Red Cross (ARC) Lifeguarding Course is to teach lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies both in a pool and at a non-surf waterfront environment. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries.



**The Course begins:  
Saturday, May 8th, 2010**

**Instructors: Heather Karns**

## Lifeguarding Materials & Costs:

The material for this class must be purchased from the ARC. Do not purchase the ARC material till after first class. The cost to the ARC is **\$75.00**, which includes a CPR mask. The cost of the course is **\$100.00** and this check must be made out to the **MARC** and **turn in with this application to the MARC.**

## Class Dates & Times

**Tues., Thurs., Sats. and Suns.**

**5:00pm - 8:00pm (Tues. & Thurs.)**

**8:00am - 11:00am (Saturdays)**

**8:00am - 11:00am (Sundays)**

**May: 8, 9, 11, 13, 15, 16, 18, 20, 22, 25, 27, and 29.**

### Course Prerequisites:

To be eligible for the Lifeguarding Training course, the candidate must be **15 years** of age on or before the final scheduled session of this course. The candidate must also successfully complete the following swimming prerequisites:

1. Swim 550 yards continuously, using these strokes in the following order:
  - 200 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or to the front.
  - 200 yards of breaststroke using a pull, breathe, kick and glide sequence.
  - 150 yards of either front crawl or breaststroke. The 150 yards may be a combination of front crawl and breaststroke.

**Note:** There is no time requirement for this skill. Prospective participants must show only that they can swim 550 yards using the above strokes without stopping.

2. Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return to the surface, and 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.

### Course Length Approximately:

This course is designed to be taught in approximately 40 hours (includes the pre-course session & water front). This estimate is based on the number of participants. The course time includes the minimum time needed for lifeguarding, CPR, and first aid skill practice; class activities; and one DVD.

**This course upon completion and passing certifies the participants for lifeguarding pools and non-surf open water.**



**The American Red Cross Lifeguarding Certification is nationally recognized.**

# MARC Lifeguarding Course Application:

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

AGE: \_\_\_\_\_ BIRTH DATE: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

Check # & Amt. for MARC: \_\_\_\_\_

**Copy of Birth Certificate or Drivers License  
is required at registration.**

I hereby give my consent for my son/daughter to participate in the Lifeguarding Course at the MARC. I further release the MARC staff and all concerned from all liability for injuries received by my son/daughter/myself during or resulting from participation in this program.

Parents Signature: \_\_\_\_\_

Participants Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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## Certification Requirements:

Upon successful completion of the Lifeguard Training course, each participant will receive two American Red Cross Universal Certificates: one indicating Lifeguard Training and First Aid that is valid for 3 years and another indicating CPR for the Professional Rescuer that is valid for 1 year.

To receive the two course completion certificates for the American Red Cross Lifeguard Training course, the participants must:

**ATTEND EVERY CLASS. No exception!  
(NO REFUND!)**

- Demonstrate competency in all required skills.
- Demonstrate competency in the three final skills scenarios.
- Correctly answer at least 80 percent of the questions in each of the four sections of the final written examination (12 correct answers out of 15 questions in each section.)

If you have any other questions concerning this course, please call:

**The MARC @ 724-6006**

## MARC Policies:

- **Payment, application, and proof of age are due upon registration.**
- **Participants must bring all materials to each class.**
- **Participants must have swim suit at each class.**
- **MARC reserves the right to cancel or change any courses, class dates, and times.**
- **Make-ups not available.**
- **Participants must attend ALL classes or they will not pass.**
- **MARC reserves the right to set a minimum of 6 participants and a maximum of 12 Participants.**

**ARC will not refund for book & material.**

# MARC

Meadville Area Recreation Complex  
**Lifeguard Course**  
**May 08, 2010**



**Meadville Area Recreation Complex**  
**800 Thurston Road**  
**Meadville, PA 16335**  
**(814) 724-6006**  
**(814) 337-8995 (fax)**

[www.marc4fun.com](http://www.marc4fun.com)

The MARC is supported by the City of Meadville,  
West Mead & Vernon Twps.