



Fairbanks North Star Borough

Parks & Recreation

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January 6, 2020

The Fairbanks North Star Borough, Aquatics Division will be conducting an American Red Cross Waterpark Lifeguard Training course. This is a blended learning course which combines eLearning lessons done independently and in person class sessions. To enroll in the course you must attend the prescreening skills test and pass a swimming skills test. You also must be at least 15 years of age before the last scheduled class session. A maximum of ten students will be enrolled in the course, unless additional instructors are available. A minimum of 6 students is needed to run the class.

Please email me, by February 10, 2020, to secure your spot in the prescreening skills test.

Prescreening skills test for Lifeguard Training will be: February 12, 2020 Hamme Pool at 6:00 p.m.

Class times

Hamme Pool: February 18 & 20 5-9p, February 22 10a-4p, February 25 5-9p and Wescott Pool February 27 5-9p

The swim skills required are:

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. You may swim using the front crawl or breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs. You will place your hands under your armpits.
3. Complete a timed event within 1 minute, 40 seconds.
 - Start in the water, swim 20 yards. Your face may be in or out of the water. Swim goggles are NOT allowed.
 - Surface dive, feet first or head first, to a depth of 7-10 feet to retrieve a 10 pound object.
 - Return to the surface and swim 20 yards on your back to return to the starting point with both hands holding the object while keeping your face at or near the surface so you are able to get a breath. You should not swim the distance under water. Exit the water without using a ladder or steps.

The purpose of this course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services personnel take over.

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 participations in the activities, or there are questions about fully participating in the Lifeguarding course, please contact me to discuss this before the course begins.

To successfully compete this course, you must attend the entire course, complete all online assignments and test, turn in required completion reports, participate in all skill sessions/drills, activities and scenarios, demonstrate competency in all required skills and scenarios. Make up classes will not be offered. You must pass the final written exams with a minimum grade of 80 percent.

Upon successful completion, you will receive an American Red Cross certificate for Lifeguarding/Waterpark Lifeguarding/First Aid/CPR/AED, each valid for 2 years.

The Lifeguard Training course will be held at Hamme Pool, with one session at Wescott Pool, on Tuesday and Thursday nights from 5:00-9:00pm and Saturday from 10a-4p. The course will begin on February 18 and end on February 27.

Course cost is \$240.00, payable to the Fairbanks North Star Borough due upon acceptance into class. Cost of course includes all required text books and supplies.

Sincerely,

Michelle Leonard

Aquatics Manager

459-1083

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