

Dear Staff,

We are excited to offer you American Red Cross Lifeguarding Blended Learning. Blended learning combines online learning with on-site skills sessions where you will practice skills and demonstrate competency. Please plan to complete the initial online lessons of your training at least two days prior to your first on-site skills session, which are scheduled for **May 6th, 7th or 13th, 14th**. Please follow the registration process outlined below to gain access to the online portion:

- Click here <https://classes.redcross.org/R/class00000006249425/09004OVERLE> copy and paste the URL into your browser). Register first and then reload the link above.
- If you do not already have an account, you will need to create one – click the “New User” link and complete the information for the account – *please make note of your username and password for future access to the online content.*
- The next step will be to click “Confirm.”
- You will be asked to select a Payment. From the drop-down menu, select Credit Card as the method of payment. Enter your credit card information and click “Submit”.
- You are now enrolled. You may launch the content immediately by clicking the “Go To My Enrollments” button, then click the “Launch” link next to the appropriate course. Or, you may log in at a later time.
- To log in at a later time:
 1. Click <http://classes.redcross.org>
 2. Enter your username and password.
 3. Go to the “My Learning” tab and the “My Enrollments” page will be displayed.
 4. Select the “Launch” link for the appropriate course to view and take the content.

If you need assistance accessing the online session, please contact the American Red Cross Training Support Center at 1-800-RED CROSS (1-800-733-2767).

I have attached a course syllabus so you are clear which online lessons should be completed prior to each on-site skills session. Prior to the first on-site skill session, be sure to complete lessons for **CPR, Lifeguarding, BBP, AED, Asthma Inhaler and Epi Auto injector, BY May 6th or May 13th**. As you complete the online lessons, please print a progress report from the Main Menu page of the online course. Bring a progress report to each on-site skills session to verify completion of the online lessons.

Please let me know if you have questions or concerns.

Thank you,

Mike Coleson

Pool Manager

Manager@Chesterbrookclub.com

Lifeguarding and CPR Course Syllabus

Instructor: Mike Coleson

Dates: May 6th and 7th or May 13th and 14th. (*New Certifications will attend two days, Re-Certs. Sunday only*).

Certification Exam: May 7th or May 14th (*End of second day*).

Total Cost: \$335 for New Certifications and \$185 for Re-certifications, *includes \$35 online access fee*.

Location: Chesterbrook Swim and Tennis Club.

Class Time/Location: 8AM-2PM, (*bring a lunch*).

Contact: Email: Manager@Chesterbrookclub.com, Phone: 5717227893.

Course sign-up page: <https://classes.redcross.org/R/class00000006249425/09004OVERLE> Register first and then reload the link above. (Copy and Paste the URL into your browser).

Course Description: This course is designed to prepare and certify swimmers with lifeguarding and CPR skill need for employment as a lifeguard. This is a blended learning course. This means the initial introduction to the material is completed at the students own pace through online videos and section exams. This is the prerequisite for the in-person part of the course. All videos and online exams must be completed before attending the in-person portion. The second part of the course involves a two-day in-person class held at Chesterbrook pool. This will include a swim test (500 meters untimed but nonstop), skill assessments for various class topics (CPR Skills, Guarding Skills, AED, Epinephrine Auto-Injection Pen, Asthma Inhaler, and Blood Borne Pathogens), and a multiple choice certification exam. This course is a two-day course for new certifications and one-day for re-certifications (Sundays). Those who complete the course will receive an American Red Cross Certification valid for two years.

Course Objectives:

Upon completion of this course, students should...

- Be able to perform CPR at the level of a professional rescuer on Adults, children and infants.
- Effectively scan and supervise pool activities to ensure safety and security of pool facility and patrons.
- Recognize an emergency situation, implement the facility's emergency action plan and provide proper lifesaving rescue skills needed to assist and extract a distressed swimmer(s).
- Know correct use an AED machine, Epinephrine auto-injection pen and Asthma inhaler.
- Gain knowledge about a variety of illnesses and injuries, and provide appropriate treatment and/or request addition help from Emergency Medical Staff (EMS).
- Receive American Red Cross certification needed to obtain a lifeguard position at most swimming facilities nationwide.

Course Requirement: This course requires completion of the online videos and exams from American Red Cross as well as completion of the swim test (*bring swimsuit, towel and change of clothes*), in-person skill assessment and multiple-choice written exam (*minimum 70%*). The online portion will completed at the students pace before the in-person class. To gain access to this, student must register an account and sign-up for this class using the link provided. Access to the online potion requires a payment of **\$35** to American Red Cross. Payment for the remainder of the course will be remitted to the instructor by check on the first day of class; **\$300** for certifications and **\$150** for Re-certifications.