

# REDCROSS LIFEGUARDING BLENDED LEARNING COURSE 2020

**We are excited to offer you American Red Cross Lifeguarding Blended Learning.**

**Course Description:** This course is designed to prepare and certify swimmers with lifeguarding and CPR skill need for employment as a lifeguard or teach coach. 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 skills session held at Chesterbrook pool. This will include a swim test (500 meters), skill assessments for various class topics (CPR Skills, Guarding Skills, AED, Epinephrine Auto-Injection Pen, Asthma Inhaler, and Blood Bourne 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 Lifeguard Certification valid for two years.

**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 80%*). The online portion will be completed at the students pace before the in-person skill session. To gain access to this, student must register an account and sign-up for this class using the link provided below. Payment for the course will be remitted to the instructor by check on the first day of skills session; **\$350** for certifications and **\$200** for Re-certifications made out to Mike Coleson.

<i>IN-PERSON SKILLS SESSION SCHEDULE</i>	
<u>In Person Skills Session</u> <i>-Dates and Class Times</i>	May 2 <sup>nd</sup> and 3 <sup>rd</sup> or May 9 <sup>th</sup> and 10 <sup>th</sup> Saturday and Sunday from 9:00AM – 3:00PM  (New Certifications Must attend 2-days; Recertification is 1-day, Sundays preferred)
<u>Location</u>	Chesterbrook Swim and Tennis Club 1812 Kirby Road McLean, VA 22101

## **How to Register:**

First, signup for the class using the Google forms link: [Lifeguard Class Registration CST\\_2020](#)  
Register for the in-person classes you will attend. Next, complete the online videos and exam portion.  
To access the RedCross eLearning content using the following link:

<http://redcrosslearning.com/course/73031950-15c1-11e7-b4e0-51657ecd06af>

After creating a log in using your email address and password, click "Launch Course" to begin.

## **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.

<i>PC/TABLET REQUIREMENTS FOR ONLINE COURSE:</i>	
Processor	Dual-core processor speed greater than or equal to 2.3GHz
Memory	4 GB
Operating Systems	Desktop: Microsoft Windows 7/8/10, OS X Snow Leopard 10.6+ Tablet: iPad iOS 7+ (Safari), Android 4.0.3+ (Google Chrome) This course is not supported on smartphone devices.
Browsers	IE10+, Chrome 49+, Firefox 47+, Safari 9+ Cookies, JavaScript, images and HTML5 audio/video must be supported
Screen Resolution	1024x768
Color Depth	High Color, 32 bit
Bandwidth	2.0 mbps dedicated or faster; broadband Internet access recommended
Audio	Soundcard and either speakers or headphones for multimedia audio

*Please be prepared to provide proof that you completed the eLearning content using one of the following methods.*

- Print or take a screen shot of your online course completion record available at the conclusion of the eLearning course and bring it to the first in-person skill session. It will read "Proceed to Skill Session".
- Be prepared to login to the eLearning course on the first in-person skill session to display the completion status that appears above the "Launch Course" button.

*If you have questions, please contact me directly at [Manager@Chesterbrookclub.com](mailto:Manager@Chesterbrookclub.com)*

Sincerely,

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Mike Coleson

Club Manager Chesterbrook Swim and Tennis Club

American Red Cross Instructor