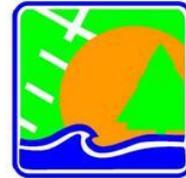


Prepare to join our team

@*Splash Island*



TULLAHOMA
Parks and
Recreation

Lifeguard Training

Requires 300 meter swim=12 pool lengths

Information Inside on Pages 1-3

March 14, 16, 18, 23 10am-3pm \$35

Register Now Online. Limited Space.

Registration Deadline: March 9th, at 11:59pm

New Option
Aquatic
Attractions
Lifeguarding

OR

New Option

Aquatic Attraction Lifeguarding Water ≤ 3 ft.

Requires 25 meter swim=1 pool length

Information Inside on Pages 4-5

February 27, March 5, 12, 19 Noon-5pm or

March 15, 17, 22, 24 10am-3pm \$35

Register Now at D.W. Wilson Community Center

Limited Space. Registration Deadline: February 26th

Hiring will begin April 1st

Please visit D.W. Wilson Community Center on Saturday, April 2nd 1pm-4pm to discuss all your job opportunities (Concessions, Lifeguarding, Front Desk, Etc.).

D.W. Wilson Community Center, 501 North Collins , Tullahoma, TN 37388 (931)455-1121

***American Red Cross Lifeguarding Course Registration Information (pages 1-3)**

****Aquatics Attraction Lifeguarding (Water ≤ 3 Feet) Information (pages 4-5)**

AMERICAN RED CROSS LIFEGUARDING COURSE

Course Location: D.W. Wilson Community Center, 501 North Collins Street, Tullahoma, TN 37388

Course Dates: March 14,16,18,23 **Course Times:** 10:00a.m.-3:00 p.m. **Total Cost:** \$35

Register Now! Registration closes March 9th at 11:59 P.M. or when class is full.

Online study should begin after registration. Do not procrastinate. The registration link is on the last page Materials, book, and lessons can be accessed online after \$35 payment is made by credit card to American Red Cross. I will also be loaning all the participants a hard copy of the lifeguarding book the first training day.

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

To enroll in the Lifeguarding course, you must be at least 15 years old before the last scheduled class session. To participate in the course, you must be able to pass the prerequisite skills evaluation that includes the following:

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. You may swim using the front crawl, 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 should place your hands under your armpits.
 3. Complete a timed event within 1 minute, 40 seconds.
 - Starting 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 to 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 prerequisite skills evaluation will occur on the first day of the course. Please bring a swimsuit and towel for the skills evaluation and for every class.
 - To successfully complete the course, you must attend the entire course, participate in all skill sessions/drills, activities and scenarios, demonstrate competency in all required skills and scenarios, and pass the final written exams with a minimum grade of 80 percent.
 - Upon successful completion of the course, you will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years.



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. Register online by the deadline and please follow the registration process outlined below to gain access to the online portion:

- Below is the Registration Links for each class
March Training <https://classes.redcross.org/R/class000000005460734/42344RCD>
Registration Deadline is March 9th at 11:59 p.m.
- Online Book Link <http://www.editiondigital.net/publication/?i=95090>

PLEASE FOLLOW DIRECTIONS CAREFULLY TO REGISTER

First Copy and Paste the Registration Link into your browser. 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

IMPORTANT: Write your username and password in the top corner box of your syllabus.

- 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).

The practice sessions will require some strenuous physical activity. You are encouraged to check with your healthcare professional before participating in the practice sessions. If a medical condition or disability exists that might prevent participation in the activities, or there are questions about fully participating in the Lifeguarding course, please contact me to discuss this before the course begins.

If you have questions or concerns, please contact me by phone or email.
931-307-9742 or srico@tullahomatin.gov Thank you, Sheila Rico

Login _____

Password _____

LIFEGUARDING Blended Learning Course Syllabus

Course Location: D.W. Wilson Community Center, 501 North Collins Street, Tullahoma, TN 37388

Course Dates: March 14, 16, 21, 23 **Course Times:** 10 a.m. – 3 p.m.

Online Book Link <http://www.editiondigital.net/publication/?i=95090>

- **Note:** Prior to the first on-site skill session, be sure to complete lessons. Read Chapters 1–4 and Complete Introduction and Lessons 1, 2 and 3. Throughout the course, online lessons should be completed by the date indicated in the chart.

Date	Session	Online Lessons Covered	Assignment-due before next class.
			<ul style="list-style-type: none"> ■ Read Chapters 1–4 ■ Complete Introduction and Lessons 1, 2 and 3
Monday, March 14th 10am-3pm	1	<ul style="list-style-type: none"> ■ Pre-course Session (Swim Test) ■ Introduction ■ Lesson 1: The Professional Lifeguard ■ Lesson 2: Facility Safety and Patron Surveillance ■ Lesson 3: Injury Prevention 	<ul style="list-style-type: none"> ■ Read Chapters 5, 6, and 7 ■ Complete Lesson 4 and 5
Wednesday, March 16th 10am-3pm	2	<ul style="list-style-type: none"> ■ Lesson 4: Water Rescue Skills ■ Lesson 5: Before Providing Care and Victim Assessment 	<ul style="list-style-type: none"> ■ Read Chapters 8, 9, and 10 ■ Complete Lessons 6, 7 and 8
Monday, March 21st 10am-3pm	3	<ul style="list-style-type: none"> ■ Lesson 6: Breathing Emergencies ■ Lesson 7: Cardiac Emergencies and Using an Automated External Defibrillator ■ Lesson 8: First Aid 	<ul style="list-style-type: none"> ■ Read Chapters 10 and 11 ■ Complete Lesson 9 ■ Review for the CPR/AED for the Professional Rescuer and First Aid exam ■ Complete the Conclusion, which includes taking the CPR/AED for the Professional Rescuer and First Aid exam
Wednesday, March 23rd 10am-3pm	4	<ul style="list-style-type: none"> ■ Lesson 9: Head, Neck and Spinal Injuries in the Water ■ Lesson 10: Final Written Exam and Final In-Water Skill Scenarios (includes confirmation of participants' completion of online CPR/AED for the Professional Rescuer and First Aid exam) 	

- **Reminder: Log in directions for homework:**

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.

AQUATIC ATTRACTION LIFEGUARDING (WATER ≤ 3') COURSE

Course Location: D.W. Wilson Community Center, 501 North Collins Street, Tullahoma, TN 37388

Course Dates: Feb. 27, March 5 12, 19 **Course Times:** Noon.-5:00 p.m. **Total Cost:** \$35

or March 15,17,22,24 **Course Times:** 10 a.m.-3:00 p.m. **Total Cost:** \$35

REGISTRATION CLOSES at 5p.m. on Friday, February 26th

Register at D.W. Wilson Community Center 931-455-1121

Payment will be made the first day of class and is payable by cash or check (payable to City of Tullahoma).

The purpose of the Aquatic Attraction Lifeguarding (Water ≤ 3') course is to provide entry-level aquatic attraction lifeguard participants with the knowledge and skills needed to prevent, recognize and respond to aquatic emergencies in water depths of 3 feet or less and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services personnel take over.

To enroll in the Aquatic Attraction Lifeguarding (Water ≤ 3') Course, you must be at least 15 years old before the last scheduled class session. To participate in the course, you must be able to pass a prerequisite skill evaluation that includes the following:

1. A water competency sequence test (actions must be completed sequentially without stopping):
 - Step into the water from the side and totally submerge.
 - Recover to the surface, then maintain position for 1 minute by treading water or floating (or a combination of the two).
 - Rotate one full turn and orient to the exit.
 - Level off and swim on the front or back 25 yards.
 - Exit the water without using a ladder.
2. A timed event (must be completed within 50 seconds):
 - Starting in the water, walk or swim 20 yards. Swim goggles are not allowed.
 - Submerge to a depth of 3 feet to retrieve a 10-pound object.
 - Return to the surface and walk or swim 20 yards to return to the starting point with both hands holding the object at the surface of the water.
 - Exit the water without using a ladder or steps.

The prerequisite skills evaluation will occur on the first day of the course. Please bring a swimsuit and towel for the skills evaluation and for every class.

To successfully complete the course, you must attend the entire course; participate in all skill sessions/drills, activities and scenarios; demonstrate competency in all required skills and scenarios; and pass the final written exams with a minimum grade of 80 percent.

Upon successful completion of the course, you will receive an American Red Cross certificate for Lifeguarding/ First Aid/CPR/AED (Water Less Than or Equal to 3'), valid for 2 years. This certification can be used at Splash Island. If you would like to work at the Indoor Pool, you will need to attend the regular Lifeguard Training (Pages 1-3).

If you have questions, please contact me directly at srico@tullahomatn.gov or (931)307-9742.

Sincerely, Sheila Rico

Aquatic Attraction Lifeguarding (Water ≤ 3') Course Syllabus

Course Location: D.W. Wilson Community Center, 501 North Collins Street, Tullahoma, TN 37388

Course Dates: February 27 March 5, 12, 19 Noon-5p.m. **or** March 14, 16, 21, 23 10 a.m.-3 p.m.

Online Book Link <http://www.editiondigital.net/publication/?i=95090>

■ **Note:** Prior to the first on-site skill session Read Chapters 1–4

Date	Session	Online Lessons Covered	Assignment-due before next class.
			■ Read Chapters 1–4
Saturday, Feb. 27 th Noon-5pm or Tuesday, March 15 th 10am-3pm	1	<ul style="list-style-type: none"> ■ Pre-course Session (Swim Test) ■ Introduction ■ Lesson 1: The Professional Lifeguard ■ Lesson 2: Facility Safety and Patron Surveillance ■ Lesson 3: Injury Prevention 	■ Read Chapters 5, 6, 7, 8
Saturday , Mar. 5 th Noon-5pm or Thursday March 17 th 10am-3pm	2	<ul style="list-style-type: none"> ■ Lesson 4: Water Rescue Skills ■ Lesson 5: Before Providing Care and Victim Assessment and Breathing Emergencies 	■ Read Chapters 9, and 10
Saturday , March 12 th Noon-5pm or Tuesday, March 22 nd 10am-3pm	3	<ul style="list-style-type: none"> ■ Lesson 6: Cardiac Emergencies and Using an Automated External Defibrillator ■ Lesson 7: First Aid ■ Review and take CPR/AED Exam 	■ Read Chapters 10 and 11
Saturday , March 12 th Noon-5pm or Thursday, March 24 th 10am-3pm	4	<ul style="list-style-type: none"> ■ Lesson 8: Head, Neck and Spinal Injuries in the Water ■ Lesson 9: Review and take Water Attractions Lifeguard Exam and Final In-Water Skill Scenarios 	

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 participation in the activities, or there are questions about fully participating in the Aquatic Attraction Lifeguarding (Water ≤ 3') course, please contact me to discuss this before the course begins.