



American  
Red Cross



**American Red Cross  
Lifeguard Certification  
May 1, 2, 3, 9, 10<sup>th</sup>, 2009  
Wolverton Memorial Swimming Pool**  
(Limited to 10 participants)

**Pre-requisites:**

Must be at least 15 years old by the last day of the course  
Must be able to swim a continuous 300yds using front crawl and breaststroke

**Time:**

Friday (OPE 107 & Pool) : 5:00-9:00 pm  
Saturday & Sunday (OPE 107 & Pool) : 9:00am-12pm & 1pm-5pm

**Cost: Cash or Check only, please make checks payable to WOU**

**\$160.00** (to WOU) Includes Lifeguarding, First Aid, CPR & AED Certifications and all student materials

**Please fill out Aquatic Registration Form (available online or at the pool) and return by April 27, 2009.**

**Class Syllabus**

Day 1: Paperwork

Video and discussion, begin activity worksheets  
In-Water Pretest

**HOMEWORK:** Complete Activity Worksheets, Review Chapters 1-3 and Read Chapters 4 & 5

Day 2: Review

Questions on homework  
Review Activity Worksheets  
Video and discussion  
Entries, Approaches, Equipment, Active Rescues

**HOMEWORK:** Read Chapters 6-9

Day 3: Review

Section 1 Test Recognition and Response  
Video and discussion  
Video and practice for CPR/AED and First Aid  
Water skills reviewed and introduce passive, removal from water, deep water submerged

**HOMEWORK:** Practice CPR/AED and First Aid, Read Chapters 10 & 11

Day 4: Review

Section 2 Test CPR/AED  
Practical Test for CPR/AED and First Aid  
Video and discussion of Head Neck and Back Injuries  
Water skills reviewed and introduce Head Neck and Back Injury rescues/removals

**HOMEWORK:** Study, study, study! Review all chapters! Call with questions!

Day 5: Review

Section 3 Test for Head Neck and Back Injuries  
Make-ups of any sections incomplete  
Practical tests for Head Neck and Back Injuries  
**HOMEWORK:** Keep up on your lifeguarding skills and prevent incidents/injuries before they occur! Feel free to drop in to share your stories with me!