

**23 APRIL 2013**

**YMCA COURSE DESCRIPTION**

**AQ711B- YMCA LIFEGUARD 2011**

This course is designed to provide the participants with the knowledge and skills needed to be a lifeguard and professional rescuer. Participants will be certified in CPR Pro for the Professional Rescuer, Basic First Aid and Emergency Oxygen Administration. The course presents information on the skills and knowledge lifeguards need in pool, lake, river, surf, and waterpark environments. The comprehensive course offers up-to-date information on how to lifeguard by anticipating and preventing problems before they occur and by taking action to help those in danger when necessary. Course covers safety skills, accident prevention (including swim testing), scanning, guarding techniques, emergency systems, rescue skills, first aid in aquatic environments, spinal injury management, open water dangers, legal responsibilities, pool management, and information on how to get a job as a lifeguard.

There are prerequisites to this class. Participants should check with their local YMCA for class availability and all prerequisites for this course.

The YMCA Lifeguard course is 36 hours (including 27.5 hours in person training and 8.5 hours of e-learning).

The YMCA Lifeguard certification is valid for 2 years. Renewals are also available through the local YMCA.

Course fees range from $120 - $200 and may vary per local YMCA.

Signed,

Jim Kauffman

National Director for Health and Well-being

YMCA of the USA