



Fairbanks North Star Borough

Parks & Recreation

809 Pioneer Road • PO Box 71267 • Fairbanks, Alaska 99707-1267 • (907)459-1070 FAX 459-1072

Dear Lifeguard Training Course Participant,

The Fairbanks North Star Borough, Aquatics Division will be conducting an American Red Cross Waterpark Lifeguard Training course. To enroll in the course you must attend the prescreening skills test and pass a swimming skills test. You also must be at least 15 years of age before the last scheduled class session. A maximum of ten students will be enrolled in the course. A minimum of 5 students is required to hold the class. **Please call 459-1098 to secure your spot in the prescreening skills test.**

Prescreening skills test for Lifeguard Training will be:

Date: March 16, 2010 Location: Hamme Pool Time: 6:00 p.m.

The swim skills required are:

1. Swim 300 yards continuously without stopping using these strokes in the following order:
100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or to the front.
100 yards of breaststroke using a pull, breath, kick and glide sequence.
100 yards of either front crawl or breaststroke. This 100 yard may be a mixture of both.
2. Start in the water, swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return to the surface, and swim 20 yards holding the brick on your chest with two hands and your face out of the water, back to the starting point and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

In this course, you will learn how to professionally carry out the duties and responsibilities of a lifeguard. You will also learn a number of lifeguarding techniques such as surveillance; equipment rescues for a distressed swimmer, an active drowning victim, and a passive drowning victim; and proper care for someone who may have a head, neck, or back injury.

Successful course completion requires active participation and successful performance in all classroom sessions as well as skill and knowledge evaluations. Due to the nature of this course, you will be required to perform strenuous activities such as cardiopulmonary resuscitation (CPR) on the floor and removing someone from the water. If you have a medical condition or disability, discuss this with your physician, health-care provider or the appropriate person at the local Red Cross chapter before beginning this course.

Upon successful completion, you will receive a Waterpark Lifeguard Training certificate, which includes First Aid and is valid for 3 years. You will also receive a CPR for the Professional Rescuer certificate, which is valid for 1 year.

The Lifeguard Training course will be held at Hamme Pool, with several sessions at Wescott Pool, on the following days:

Tuesdays and Thursdays March 18 – April 15 5:30 p.m. – 9:00 p.m.

You must attend every session in order to take the written exam and final skills test.

Upon successful completion of the prescreening requirements, you will need to purchase a Lifeguard Training manual (34.99) and a resuscitation mask (\$12.00) from the American Red Cross office and make a payment of \$75.00 to the FNSB. Three weeks after successful completion of the Lifeguard Training class, you will need to pickup your certification cards from the American Red Cross office. The card fee is \$16.00.

Sincerely,

Michelle Leonard
Lifeguard Trainer
459-1098
mleonard@co.fairbanks.ak.us

Reading Schedule

March 18 5:30-9:00pm

Chapters 1-3 pages 1-48

Water skills: Entries and Approaches

March 23 5:30pm-9:00pm @ Wescott Pool

Chapters 4-5 pages 49-84

Water Skills: Assists, Passive and Active Victims, Removal from water, submerged victim, multiple victims, escapes

March 25 5:30pm-9:00pm

Final Exam Section 1

Chapter 6 pages 85-100

Review Water Skills

March 30 5:30-9:00pm

Chapter 7 pages 101-123

April 1 5:30pm-9:00pm

Chapter 8 pages 123-139

April 6 5:30pm-9:00pm

Final Exam Section 2

Chapter 9 pages 141-158

Review of all water skills

April 8 5:30-9:00pm @ Wescott Pool

Chapter 10 pages 159-180

Water Skills: In-Line stabilization, back boarding

April 13 5:30-9:00pm

Review of all skills

April 15 5:30-9:00pm

Final water skills test

Final Exam Section 3