



BeauCARE, Inc.



## American Red Cross Lifeguard Training

Looking for a great job where you can make a difference?  
Become an American Red Cross certified lifeguard.

BeauCARE, Inc. will be holding training as follows @ Beauregard Country Club & the West Park Pool:

- Wednesday, May 11 (Pre-Reqs) / Country Club 3:30 p.m. – 7:30 p.m.
- Thursday, May 12 / West Park Pool 3:30 p.m. – 7:30 p.m.
- Saturday, May 14 / Country Club 8:30 a.m. – 11:30 a.m.
- Saturday, May 14 / West Park Pool 12:30 p.m. – 5:00 p.m.
- Sunday, May 15 / West Park Pool 1:00 p.m. – 5:00 p.m.
- Monday, May 16 / West Park Pool 3:30 p.m. – 7:30 p.m.
- Tuesday, May 17 / West Park Pool (written test) 3:30 p.m. – 7:30 p.m.
- Wednesday, May 18 / Country Club (skills test) 3:30 p.m. – 7:30 p.m.

**Prerequisites:** MUST PASS PRE-REQ'S TO CONTINUE IN THE CLASS

- 15 years of age by the last scheduled day of class.
- Swim 300 yards *continuously* (demonstrating rhythmic breathing and breath control – front crawl, breaststroke or combination of both)
- Complete a timed event swimming 20 yards, surface diving in 7-10 feet, retrieving 10 lb. object, return to surface, swim on back with object to point of start and exit water with no assistance without ladder or steps.
- Tread water for 2 minutes using legs only with hands tucked into armpits.

Course is a Blended Learning Course with registration via a deeplink through American Red Cross. Cost is \$35 to register on the eLearning site and \$165 to BeauCARE, Inc. and is non-refundable.

To register, call BeauCARE at (337) 462-2273, ext. 218 or email [aduplechin@beaucares.org](mailto:aduplechin@beaucares.org)

Visit us on the web  
[www.beaucares.org](http://www.beaucares.org) or on FaceBook

Dear Lifeguard Candidate:

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 which is scheduled for **May 12**. Please follow the registration process outlined below to gain access to the online portion:

- Click here <https://classes.redcross.org/R/class000000005668170/180400020>(if it does not open, copy and paste the URL 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 – *please make note of your username and password for future access to the online content.*
- The next step will be to click “Confirm.”
- If you have been provided with a coupon code, enter it in the field title “Coupon Code”. Valid coupon codes will automatically adjust the final registration fee.
- 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).

I have attached a course syllabus so you are clear which online lessons should be completed prior to each on-site skills session. Prior to the first on-site skill session, be sure to complete lessons **1-3**. As you complete the online lessons, please print a progress report from the Main Menu page of the online course. Bring a progress report to each on-site skills session to verify completion of the online lessons.

Please let me know if you have questions or concerns.

Thank you,

Annette G. Duplechin, AFO, WSIT

Executive Director

BeauCARE, Inc.

## American Red Cross Lifeguarding Registration Form

Participant's Legal name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Text ( ) Yes ( ) No

E-Mail Address \_\_\_\_\_

Date of birth \_\_\_\_\_ Age \_\_\_\_\_ School Attending \_\_\_\_\_

Parent/Legal Guardian \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

### **Prerequisites:**

- 15 years of age by the start date of the course.
- Swim 300 yards ***continuously*** (100 yards front crawl, 100 yards breaststroke, 100 yards either stroke)
- Swim 20 yards, surface dive a minimum of 7 to 10 feet, retrieve 10-pound object, return to surface, swim 20 yards, exit water with no ladder or stairs in 1:40.
- Tread water for 2 minutes using legs only with hands tucked into armpits.

### **Cost:**

- Course fee: Lifeguard Training \$165.00 + \$35 for Blended Learning Registration
- There will be no refunds for cancellations after the class begins.
- There will be no refunds for students who fail prerequisites and/or course requirements for certification.
- Cancellation of course must be received 5 business days in advance of course start date for full refund. Cancellation of course after 5 days will result in partial refund of course fees.

### **Waiver:**

I agree and indemnify and hold BeauCARE Inc. and its employees, instructors, and/or volunteers harmless from all liability, loss, cost, or expense (including attorney fees, medical and ambulance cost) that may occur to those listed above while participating in activities and/or programs while taking lifeguard training course(s).

I acknowledge and accept risks inherent in strenuous physical activity. BeauCARE Inc. requests all participants to consult their physician before becoming physically active.

I acknowledge that successful completion of this course does not guarantee employment with the agency.

Student's Signature \_\_\_\_\_

Parent/Legal Guardian's Signature (if under 18 years old) \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

BeauCARE, Inc., PO Box 1779, 628 High School Drive, DeRidder, LA 70634. 337.462.2273  
[www.beaucares.org](http://www.beaucares.org) or visit us on FaceBook

# **BeauCARE, Inc.**

## **\* American Red Cross Lifeguarding (Blended Learning)**

### **\* Course Syllabus**

## **Part 1: Course Information**

### **Instructor Information**

**Instructor:** \*Annette G. Duplechin / Andrew Duplechin  
**Office:** \*BeauCARE, Inc., 628 High School Drive, DeRidder  
**Office Hours:** \*Mon – Fri 8:30-5:30  
**Office Telephone:** \*(337)462-2273  
**E-mail:** \*aduplechin@beaucares.org

### **Course Description**

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

#### **Prerequisite**

##### Lifeguarding course prerequisite skills:

1. Swim 300 yards continuously, demonstrating breath control and rhythmic breathing. Candidates 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. Candidates should place their hands under the armpits.
3. Complete a timed event within 1 minute, 40 seconds.
  - Starting in the water, swim 20 yards. The 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 the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water.
  - Exit the water without using a ladder or steps.

### **Textbook & Course Materials**

#### **Required Text**

- American Red Cross Lifeguard Participant Manual

#### **Recommended Texts & Other Readings**

- \*American Red Cross Blended Learning Lifeguard Online Content available in the course Learning Center website content.

## **Course Requirements**

- Internet connection (DSL, LAN, or cable connection desirable)
- Access to ARC Learning Center
- *\*Whistle & CPR/First Aid Materials (provided by BeauCARE, Inc.) and towels, change of clothes, sunscreen, drinks, snacks for daily class.*

## **Course Structure**

\*This course will be delivered in a Blended Learning format. The successful candidate will be responsible for online content prior to facility sessions. Facility sessions will include skill sessions in the pool, on deck, and in the classroom. All other discussion and learning will be classroom based.

## **Part 2: Student Learning Outcomes**

- \* Provide entry-level lifeguard participants with the knowledge & skills to prevent, recognize, & respond to aquatic emergencies.
- \* Provide care for breathing & cardiac emergencies, injuries & sudden illness until EMS personnel take over.
- \* Prepare participants to make appropriate decisions about the care to provide in an aquatic emergency & medical emergency.

You will meet the objectives listed above through a combination of the following activities in this course:

- \*Attend and participate in all classroom and skill sessions
- \*Complete all eLearning units
- \*Demonstrate competency in all required skills & activities
- \*Demonstrate competency in all required final rescue skill scenarios
- \*Pass final written exams with minimum grades of 80% or higher

# **\*American Red Cross Lifeguarding Blended Learning**

## **Topic Outline/Schedule**

- **Day 1/May 11: \*Pre-requisites**
  - \*Must pass all components to continue in the class
  - \*Successful candidates – Read Chapters 1-3/Complete Intro & Lessons 1-3
- **Day 2 / May 12: \*Intro**
  - \*Classroom
  - Read Chapters 5,6,7 & 8 / Complete Lessons 4, 5 & 6
- **Day 3/ May 14 AM: \*Water Skills**
  - \*Pool (Bring sunscreen, towel, change of clothes, & water)
- **Day 3/May 14 PM: \*Chapters 5 & 6**
  - \*Classroom
  - \*Read Chapters 9, 10, & 11 / Complete Lesson 7 & 8
- **Day 4/May 15: \*Chapters 7 & 8**
  - \*Classroom
  - \*Pool (Bring sunscreen, towel, change of clothes, & water)
  - \*Complete Lesson 9/Read Chapters 10 & 11
- **Day 5/May 16: \*Chapter 9**
  - \*Classroom
  - \*Pool
- **Day 6/May 17: \*Review/Written Test**
- **Day 7/May 18: \*Final Scenarios**

**\*Note:**