

Lifeguard Training Registration Information

Name: American Red Cross Lifeguarding + First Aid/CPR/AED Certification Course – Blended Learning format [online + in-person]

Dates/Times: Tuesday, May 27, 8:00am-6:00pm; Thursday, May 29, 8:00am-6:00pm; and Friday, May 30, 9:00am-1:00pm (Classroom + Pool Sessions) (+6-8 hrs self-paced online prior to class)

Location: Parkview Event Center 1303 11th Ave & Rock Valley Pool 1111 11th Ave, Rock Valley, IA

Instructors: Alyssa Van't Hul, LGI

Description: This American Red Cross Lifeguard Certification blended learning course provides entry-level participants 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 EMS personnel take over. Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED valid for 2 years. This class is taught in a blended learning format and the assigned online portion(s) must be completed prior to instructor-led session. The online course takes participants anywhere from 6-8 hours to complete and can be accessed via mobile desktop or tablet. (please only use a personal email, not a school email, when registering for the class).

Prerequisites:

- Minimum age: 15 years;
- Completion of the online portion PRIOR to in-person classes (6-8 hrs self-paced)

Prerequisites 1: Complete a swim-tread-swim sequence without stopping to rest.

- Jump into the water and completely submerge, resurface, then swim 150 yards using the front crawl, breaststroke or a combination of both. (Swimming on the back or side is not permitted. Swim goggles are allowed)
- Maintain position at the surface of the water for 2 minutes by treading water using only the legs.
- Swim 50 yards using the front crawl, breaststroke or a combination of both.

Prerequisite 2: Complete a timed event within 1 minute 20 seconds:

- Starting in the water, swim 20 yards. (The face may be in or out of the water. Swim goggles are not allowed)
- Return to the surface and swim 20 yards on the back to return to the starting point, holding the object at the surface with both hands and keeping the face out at or near the surface.
- Exit the water without using a ladder or steps.

SPECIAL CONSIDERATIONS:

- Please plan accordingly by bringing layers, as well as a towel plus extra towels for the pool sessions. We may be moving from indoor classroom to outdoor in water practice throughout the class.
- All participants must bring a bagged lunch plus any snacks and/or drinks you might need for the whole of the day.

- For all in-class sessions, plan to arrive at least 15–20 minutes ahead of each session in order to allow enough time to park and get situated. We will start promptly.
- We will be meeting in the Parkview Event Center the first day (May 27) for classroom activities & at the Rock Valley pool for all in water practice.
- Please be prepared with LG book & pencil/paper for the classroom
- Bring a record of your completed online coursework to the first day of class

e-mail Alyssa Van't Hul at rvpool.cityofrockvalley@gmail.com if you have any questions.

Please keep the above information for your records

Lifeguard Training Registration Form

Registration forms must be completed and returned by May 9, 2025.

The course fee must be included with registration.

Name _____ Age _____

Address _____ Birthdate _____

City _____ State _____ Zip _____

Student Phone # (with personal or electronic messaging) _____

E-mail address _____

* _____ I will be applying to work at the RV Pool upon successful course completion.

Drop off or send to:

City of Rock Valley
Attn: Swimming Pool
1303 10th Street
PO Box 100
Rock Valley, Iowa, 51247

If you have questions regarding this course or payment help, please e-mail Alyssa at rvpool.cityofrockvalley@gmail.com

Office Use Only

Date Received _____

Amount _____

Check Number _____