

Updated 2020 American Red Cross Lifeguard Course Structure and Guidelines

Certifications

American Red Cross Lifeguard Training, First Aid and CPR Certification - valid for 2 years

Updated Class Information and Structure:

Due to the issue our country is experiencing with Covid-19 Virus. We have changed the structure of our lifeguard classes. We will still be using the Blended Learning Format. However, we will schedule the skill sessions with each participant once community restrictions are lifted and it is safe to do so.

Blended Learning Format – participant must complete (and pass) On-Line Modules required by the American Red Cross (approximately 7 hours) prior to attending the “Face-to-Face” Skill Sessions (Over 2 Days, approximately 16 hours)

Online Modules: Participants are still required to complete the Online Modules after registering for the class. This must be completed before we schedule the skill sessions with you. (this must be completed within 3 weeks of signing up for the guard class).

Skill Sessions: This part of the class will be scheduled over the span of two days. These days will be based on the lifting of community restriction and the availability of participants and the instructor.

Requirements – Must be completed on the first day of the in-water skills session:

- You must be at least **15 years of age** before the last day of the training class to participate.
- **300 Yard Swim** (300 yards of freestyle or breaststroke – this is not a timed event)
- **Brick Test** - Swim out 25 yards, surface dive 7ft – 10ft deep, retrieve a 10-pound weight from the bottom of the pool, return to the surface, and swim it back 25 yards with brick on chest to the start position. This objective is timed at 1 minute & 40 seconds.
- **Tread Water** - You must tread water without using your hands for 2 minutes.

Skill Sessions Will Be Held At:

North Central High School Pool

1801 E. 86th Street, Indianapolis, IN 46240

Please enter via Door #24, near the tennis courts

Updated Lifeguard Class Fees:

Due to the financial impact Covid-19 Virus has had on our community over the last few weeks we will be offering our lifeguard training classes at a substantial discount:

\$200 (employees will be reimbursed \$50 in their first paycheck after working with us for a week)

To Register:

Visit indianapolis-pmg.com and click on Lifeguard Certification

2020 American Red Cross Lifeguard Recertification Course Schedule

If you need to take a recertification class, please register on our website and our instructor will contact you to schedule a day to take the class once the Covid-19 community restrictions are lifted.
(Recertification Class takes approximately 2 hours)

Updated Recertification Class Fees:

\$100 for employees, \$200 for non-employees.

To Register:

Visit indianapolis-pmg.com and click on Lifeguard Certification
