

## SOCIAL RESPONSIBILITY

Our YMCA believes in giving back and supporting our neighbors. We have been listening and responding to our community's most critical social needs for more than 125 years.

Y programs such as Guard Start; HEPA; CPR & AED Training; First Aid Certification; WSI training and Lifeguard certification are examples of how we deliver training, resources, and support. This empowers our neighbors to effect change, bridge gaps, and overcome obstacles.

## Course Outline and Dates

- Pre-course Pre-Req Skills test
- Lesson 1 The Professional Lifeguard/  
Primary Assessment/  
Injury Prevention
- Lesson 2 Breathing  
Emergencies  
**Written Exam**
- Lesson 3 Responding to  
Emergencies
- Lesson 4 **Written Exam &  
Skills Test**  
Head, Neck, &  
Spinal Injuries

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**ONEONTA FAMILY YMCA**

**20-26 FORD AVENUE  
ONEONTA, NY 13820**

**[www.oneontaymca.org](http://www.oneontaymca.org)**



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## **PROFESSIONAL LIFEGUARD TRAINING** Oneonta Family YMCA



**Wednesday 6/5/19 (5pm-9:30pm)  
Friday 6/7/19 (5pm-9:30pm)  
Saturday 6/8/19 (10am-7:00pm)  
Sunday 6/9/19 (10am-7:00pm)**



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Phone 607 432 0010

## Prerequisites

- Minimum age of 15
- Swim 300 yards continuously: Front crawl, Breaststroke, or a combination
- Starting in the shallow water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10lb brick, return to surface, swim 20 yards on your back to the starting point with the object, and exit the water without using ladder or steps (within 1 minute 40 seconds)
- Tread water for 2 minutes legs only



## Certification Requirements

- Attend all classes
- Demonstrate competency in all required skills and activities
- Demonstrate competency in the three final skill scenarios
- Correctly answer at least 80% of the questions in the final exam

### Certificate Issued and Validity Period

- Lifeguarding: 2 years
- CPR/AED for Lifeguards: 1 year

## What you will learn

### Purpose:

To teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies both in a pool and at an aquatic attraction environment. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries.

### Learning Objectives:

- Understand the value of behaving in a professional manner
- Learn how to identify behaviors of a swimmer, distressed swimmer, and an active or passive drowning victim
- Describe conditions that affect surveillance at an outdoor facility
- Understand the components of an emergency action plan and how to activate it
- Understand the general procedures for an emergency occurring in the water or on land
- Demonstration how to perform equipment based rescues
- Describe and demonstrate how to perform the skills used in special rescue situations, such as missing Person procedures and aquatic attraction rescues
- Demonstrate how to perform water-specific rescue skills for an aquatic attraction facility
- Learn how to provide first aid and how to care for breathing and cardiac emergencies
- Learn how to recognize and care for possible head, neck or back injuries

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## Fees & Schedule

**Members \$275**

**Non-Members \$350**

**\$50 non-refundable deposit to hold spot; space is limited**

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**Download the Lifeguard Manual at:**  
**[http://embed.widencdn.net/pdf/plus/  
americanredcross/jhlpoovbxz/  
LG\\_PM\\_digital.pdf?u=xm9usb](http://embed.widencdn.net/pdf/plus/americanredcross/jhlpoovbxz/LG_PM_digital.pdf?u=xm9usb)**

**Bring a pen, swim suit/towel,  
And downloaded manual on  
Computer or Ipad.**

