



AquaKids Lifeguarding Classes More Information

Class Minimums

In order to hold the class, we must have a minimum class size of 5 participants. In the event that less than 5 participants are registered for the class, we will move your enrollment to the next available class at no charge. A minimum class size is necessary due to requirements for group-based activities such as saves and practicing techniques.

Course Prerequisites

Minimum age: 15 years; Swim 300 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive 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, exit the water without using steps or a ladder.

Examination

A final skills assessment will be administered on the final day of the course. Participants must successfully recognize an emergency, perform the appropriate entry in to the water (if necessary), perform the appropriate save, extricate the victim, and perform lifesaving procedures in a team setting. Participants must also successfully pass final written exams with a minimum grade of 80%. If a participant fails to reach the minimum 80% on the final written exam, a re-test is allowed using the other version of the exam, provided that the learner has passed the final skills assessment.

Online & Classroom

This class is taught in an online & classroom setting. This format is ideal for participants looking to maximize learning and productivity at the same time, its self-paced and the training can be completed at your own speed. The online and classroom training option provides greater convenience and the content is equivalent to a traditional course with less time spent in a classroom. Online content is accessed via the Red Cross Learning Center. The online portion will take approximately 7 hours and the classroom portion will take approximately 20 hours. The online portion must be completed prior to the first day of class or participation will not be granted. Upon registration, all students will be emailed a link to the online portion of the course. Students will be directed to create an account using their own email address so that their progress through the online content can be saved and verified. Students must complete ALL online content and come to the first in-person session prepared to show proof of completion via one of the following methods:



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Print or take a screen shot of your online course completion record available at the conclusion of the eLearning course and bring it to the first in-person skill session. It will read “Proceed to Skill Session”.

Be prepared to login to the eLearning course on the first in-person skill session to display the completion status that appears above the “Launch Course” button.

Students unable to show proof of completion of the online content will not be allowed to participate in the course and will not receive a refund. The online portion of the course should be completed at least 48 hours of the first in-person session.

Attendance & Cancellation/Reschedule Policy

Attendance for all days of the course is required in order to participate in the course. In the event that you cannot attend all days of the course, you should pick a different course.

In the event that you are unable to attend a Lifeguarding/CPR/AED/First Aid course that you have already registered for, you may reschedule for the next available course at no cost one time. If you need to reschedule again, there is a \$40 fee. Payment for Lifeguarding/CPR/AED/First Aid courses is non-refundable.

How Can I Best Prepare for the Course

All participants are assigned to read all chapters of the American Red Cross Lifeguarding Manual before attending the first in-person session. Download the manual from the American Red Cross here: <https://www.redcross.org/take-a-class/participant-materials> (scroll down to “2017 Lifeguarding Manual.” The 2017 version is the latest version.) We recommend that participants also complete the review questions at the back of each chapter, and study the skill sheets at the back of each chapter as you watch the corresponding videos in the eLearning content. Since admission to the in-person portion of the course is contingent upon completing the eLearning content and passing the prerequisite skills evaluation, participants should focus on those tasks first.

What If I Don't Pass the Prerequisites? Can I Still Attend the Course?

No, inability to pass the prerequisites set by the American Red Cross would prove a student’s progress in the course to be difficult and possibly dangerous to the student and others. Students are guaranteed only one chance to complete each component of the prerequisite skills evaluation on their first day of class with the possibility of a second chance at the instructor’s discretion and only if time allows. Students unable to



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pass the prerequisite skills evaluation on the first day of class may reschedule one time to the next Lifeguarding course at no additional cost. Failure to pass the next time will result in a \$40 fee to reschedule to the next Lifeguarding course. Students are strongly encouraged to practice the prerequisite skills ahead of time and come to the first day of class confident in their ability to successfully complete the evaluation. Private Lessons are available through AquaKids to work on prerequisite skills. Call us at 972-843-9095 (McKinney), 817-745-1000 (Keller), 972-724-1528 (Flower Mound) to inquire about Private Lessons.

What Do I Need to Bring to Class?

Students need to bring proof of completion of the online portion of the course, a swimsuit, towel, dry clothes to change into after in-water sessions, goggles (only to be used during the 300-yard swim of the prerequisite skills evaluation and for viewing underwater skill demonstrations), writing utensil, lunch or money for lunch and additional snacks to eat throughout the day. We have snacks available at the facility.