

# Introduction: RPM Safety Training Lifeguard Courses

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We use the American Red Cross Lifeguard Course. It is a blended course, both online at home, and at the pool with the instructors.

## Why take a lifeguarding course with us?

- Our blended modular program is the most convenient way to become a lifeguard.
- We have the most options in Chicagoland.
- If your schedule changes, you can switch to one of our other open courses at no cost, up to 48 hours before the course.
- We have tons of training equipment. In most lifeguarding courses you spend a good portion of the class waiting around for your turn to train on different kinds of rescue equipment. This can shorten our course by HOURS!
- You have access to the instructor by email, phone, and text. You can ask questions ahead of time, voice your concerns and get coaching.
- We waste no time in our courses, they are fast-paced. We know how you value your time. You will never wait for your instructors to prepare, transitions are fast, and we streamline all aspects of the course.
- We have small instructor to student ratios. This is one of the ways we keep our quality so high and it can shorten the course by HOURS!
- Many lifeguarding courses are taught by people who only teach one course every other year or so. We have certified thousands of lifeguards over 20 years. Our head instructor is a national expert in lifeguarding, has worked with some of the biggest aquatic facilities in the country and has been acknowledged in lifeguarding textbooks. You can get accurate answers to your questions.
- Our candidates have very high success rates in our programs. However, if you don't pass your lifeguarding course with us you have options you won't have in other courses. Because we offer so many classes, you can jump into another for the segment(s) you need more help with and take the test again at no additional cost.

*For more information email [info@chicagolifeguard.com](mailto:info@chicagolifeguard.com) or call 847.921.7022*

# Fact Sheet: American Red Cross Lifeguard Course

## **What is blended training?**

Students complete an online training course, readings, and an at-home final before the course. This at-home work takes about 10 hours. Then candidates come to the instructor-led session, which is about 12 hours and then a testing session which is about 4 or less hours.

## **Purpose:**

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.

## **Location:**

Briarwood Country Club  
355 Deerfield Road  
Deerfield, IL 60015-4497

## **Cost:**

\$399

## **Prerequisites:**

1. Must be 15 years old on the first day of the course.
2. 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 only for this test.
3. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
4. 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. Exit the water without using a ladder or steps.

## **Certification Requirements:**

- Successfully complete the online course
- Attend and participate in all class sessions.
- Demonstrate competency in all required skills and activities.
- Demonstrate competency in all required final rescue skill scenarios.
- Pass Lifeguarding Skills final written exam with minimum grades of 80 percent.

## **Certificate Issued and Validity Period**

American Red Cross certificate for Lifeguarding/First Aid/CPR/AED: 2 years

## **Participant Text**

*American Red Cross Lifeguarding Manual* (E-Book, included in cost of course)



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# Schedule: American Red Cross Lifeguard Course

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This program is a blended learning experience involving both an online self-study component and an instructor-led component at the pool. The dynamic online course and at-home final replaces what would have been done in the classroom sessions of the course and allows you to work at your own pace at home.. After you finish the online course and at-home final, you come to the instructor-led pool session and then a testing session. Successful completion of the online course, at-home final, and instructor-led components, which includes written and skill tests, earns American Red Cross Lifeguard certification.

Here's how it works: You send in the registration form and payment check selecting a course date (B) and a testing date (C). If you cannot make any of our scheduled testing dates, we will create a custom testing date for you at no cost (not the 12 hour course).

## ***A. Online Course & At-Home Final***

An email invitation to begin the online will be sent around April 15<sup>st</sup>. The at-home final is available upon your registration. These two things must be completed before the instructor-led course.

## ***B. Instructor-led Courses (choose one):***

|                                 |             |                                |             |
|---------------------------------|-------------|--------------------------------|-------------|
| Course #101<br>Sunday, May 6    | 9 am – 9 pm | Course #106<br>Monday, June 4  | 9 am – 9 pm |
| Course #102<br>Saturday, May 12 | 9 am – 9 pm | Course #107<br>Monday, June 11 | 9 am – 9 pm |
| Course #103<br>Saturday, May 19 | 9 am – 9 pm | Course #109<br>Monday, June 25 | 9 am – 9 pm |
| Course #104<br>Sunday, May 20   | 9 am – 9 pm | Course #110<br>Monday, July 30 | 9 am – 9 pm |
| Course #105<br>Tuesday, May 29  | 9 am – 9 pm |                                |             |

## ***C. Testing Dates (choose one):***

Choose a testing date as soon after your course as possible. If you cannot make any of our scheduled testing dates within a week or two of taking the course, just write a note on the registration form and we will make a special time for you with an instructor at no cost (not the 12 hour course).

|                                |             |                               |             |
|--------------------------------|-------------|-------------------------------|-------------|
| Test #101<br>Monday, May 7     | 4 pm – 8 pm | Test #106<br>Tuesday, June 5  | 9 am – 1 pm |
| Test #102<br>Sunday, May 13    | 4 pm – 8 pm | Test #107<br>Tuesday, June 12 | 9 am – 1 pm |
| Test #103<br>Sunday, May 20    | 9 am – 1 pm | Test #109<br>Tuesday, June 26 | 9 am – 1 pm |
| Test #104<br>Monday, May 21    | 4 pm – 8 pm | Test #110<br>Tuesday, July 31 | 9 am – 1 pm |
| Test #105<br>Wednesday, May 30 | 9 pm – 1 pm |                               |             |

# Registration Form: American Red Cross Lifeguard Course

## Candidate Information:

Name: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Candidate's Mobile phone: \_\_\_\_\_

Candidate's Email (Not parent's. We communicate with candidates via email)

Date of Birth: \_\_\_\_\_

Parent's email for CC (optional): \_\_\_\_\_

How did you find out about us?

**Write the course numbers (see schedule) of your top three dates you wish to take and then for each course, the soonest test date number you can make. If you cannot make any of the test dates in a reasonable amount of time, write a note and we will make a special time for you with an instructor at no cost.**

A. Online course (an email invitation to begin will be sent after your registration is received)

B. Course Numbers

# \_\_\_\_\_ →→→→→

# \_\_\_\_\_ →→→→→

# \_\_\_\_\_ →→→→→

C. Test Dates Numbers

# \_\_\_\_\_

# \_\_\_\_\_

# \_\_\_\_\_

## Please read and check:

\_\_\_\_\_ I understand I must complete the online course and the at-home final before the instructor-led sessions to be considered for successful completion.

\_\_\_\_\_ I understand that I must attend all instructor-led sessions, from beginning to end to be considered for successful completion.

\_\_\_\_\_ I understand that I must pass the water skills screening the first day of the course. **See the fact sheet for the screening test.** No refunds will be given for candidates who cannot swim well enough to take the course. You will be placed in a later course. If you are unsure about your swimming ability, test yourself at a pool before the course.

\_\_\_\_\_ I understand that I must demonstrate a professional and mature attitude toward lifeguarding in order to become certified.

\_\_\_\_\_ I understand that I must pass a written and skills exam in order to become certified.

\_\_\_\_\_ I understand that this is non-refundable course. It will not be refunded for any reason, including death in the family, illness, and family emergencies. (You may have a full refund if requested before April 15<sup>th</sup>.)

\_\_\_\_\_ I understand that I can switch my course date at no cost, up to 48 hours before the course. If it is less than 48 hours before the course, there is a \$39 fee. The fee will be applied in all cases, including death in the family, illness, and family emergencies.

\_\_\_\_\_ I understand that I cannot be late to class. If I am late to class I will not be allowed in and placed in the next available course with a \$39 fee.

\_\_\_\_\_ I understand that I must be 15 years of age on the first day of the course. I will be asked for proof of age.

\_\_\_\_\_ I understand successful completion of the course requires participation in skills practice. The practice sessions will require some strenuous physical activity. Sometimes injuries occur. I am encouraged to check with my health-care professional before participating in the practice sessions. If a medical condition or disability exists that might prevent participation in the activities, or there are questions about fully participating in the lifeguarding course, I will contact the instructor to discuss this before the course begins.

## Informed Consent

I agree to hold harmless Ryan McAlister, Haley Seldin, Nick Klabjan, Rebecca Seldin, Jayne Seldin, RPM Safety Training, Briarwood Country Club, the company, its owners, directors and employees, instructors, and sponsors from any liability arising out of this event including but not limited to any and all injury, illness or loss of personal property. I attest that I am in sound physical condition. I understand that I may be videotaped and/or photographed during this event and give permission for my image to be used in products or materials developed and/or published by RPM Safety Training.

My signature below indicates that I have read, understand and agree to the above terms, **both the check-boxes** and the informed consent.

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

(Parent/Guardian signature if student is under age 18)

## Fees and Payment: \$399

(No refunds after April 15<sup>th</sup>)

Payment includes e-textbook, professional instruction and nationally recognized certification.

\_\_\_\_\_ **\$399 check to "RPM Safety Training"**

**Mail to:** RPM Safety Training  
Ryan McAlister  
2861 W. Palmer, 1 W  
Chicago, IL 60647

(Include a check for \$399 to RPM Safety Training)