



**American
Red Cross**

Summer 2019: Health and Safety Courses-

The New Market Community Pool will be hosting health and safety courses this summer to train applicants interested in becoming an American Red Cross certified lifeguard or reviewing for recertification. Course offerings and a tentative schedule for each of the course offerings is found below:

Course Offering:	Tuition and Fees:	Skills Sessions:
Lifeguarding r17 Blended Learning	\$250.00	Friday, May 17, 2019 4:00 p.m. to 10:00 p.m. New Market Community Pool Saturday, May 18, 2019 9:00 a.m. to 10:00 p.m. New Market Community Pool
Lifeguarding Review r17 Blended Learning	\$175.00	Sunday, May 19, 2019 9:00 a.m. to 5:00 p.m. New Market Community Pool
A \$50.00 down payment is required, paid no later than Friday, May 3, 2019		

Certifications: AED, Bloodborne Pathogens and Disease Transmission, CPR, First Aid, and Lifeguarding.

Upon successful completion of this course, participants will receive a certification from the American Red Cross via email valid for two-years.

Lifeguard Instructor: Corey H. Harlow, LGI

Register Online: <https://goo.gl/forms/5YiCXoZa2cdNVi323>

Online Content for Lifeguarding Blended Learning Course: The New Market Community Pool is excited to offer you American Red Cross Lifeguarding Blended Learning. Blended learning combines online learning with in-person skills sessions where you will practice skills and demonstrate competency. Please plan to complete all eLearning modules, including the CPR/AED for Professional Rescuers and First Aid final eLearning exam, at least two days prior to your first in-person skills session. Most participants complete the eLearning portion of the course in approximately 7 hours. Your experience may vary widely based on several factors including your PC, internet speed and previous training. I recommend beginning the online session as soon as possible to ensure that you are able to complete all eLearning modules prior to the first in-person skill session.

Access the eLearning content using the following link:

<http://redcrosslearning.com/course/73031950-15c1-11e7-b4e0-51657ecd06af>

After creating a log in using your email address and password, click “Launch Course” to begin.

Course Access using Direct Links:

<https://drive.google.com/file/d/0B5t3PK0hwF61MkZNTGgyT0pkaTE2TWJhNHg4dFVaODd6Tlpz/view?usp=sharing>

Instructors do not have access to any completion reporting for students using Direct Links. For this reason, it's the student's responsibility to provide proof of completion

Course Lengths and Schedule

Lessons	In-Person Time	eLearning Time	eLearning Modules to be completed before attending In-Person Skill Session
Precourse	1 hr	n/a	n/a
1	15 minutes	20 minutes	<ul style="list-style-type: none">IntroductionThe Professional Lifeguard
2	45 minutes	2 hours, 10 minutes	<ul style="list-style-type: none">Facility Safety and Patron Surveillance
3	1 hour, 15 minutes	40 minutes	<ul style="list-style-type: none">Injury Prevention
4	4 hours, 10 minutes	1 hour	<ul style="list-style-type: none">Water Rescue Skills
5	1 hour, 40 minutes	40 minutes	<ul style="list-style-type: none">Before Providing Care and Breathing Emergencies
6	3 hours, 15 minutes	45 minutes	<ul style="list-style-type: none">Cardiac Emergencies and Using an AED
7	2 hours, 5 minutes	55 minutes	<ul style="list-style-type: none">First Aid
8	2 hours, 25 minutes	30 minutes	<ul style="list-style-type: none">Head, Neck and Spinal Injuries
9	3 hours, 5 minutes	Varies	<ul style="list-style-type: none">Conclusion (includes CPR/AED for Professional Rescuers and First Aid final written exam)
Total	19 hours, 55 minutes	7 hours	