

# Boy Scouts of America and American Red Cross Lifeguard Training 2019



**Do you need training for a Lifeguarding job for the summer?**

BSA Lifeguard is professional level training that meets the requirements of government agencies for professional lifeguards at regulated swimming activities. This course includes American Red Cross Waterfront Lifeguarding certification in addition to BSA Lifeguard certification. Those who want to work the waterfront at any BSA summer camp need this training.

The program is open to all registered adults and older youth (minimum age 15). Strong swimming skills are required. The course includes 7 ½ hours of online pre-work that must be completed before the first class session on May 18.

## **Dates/Times**

April 26 Registration Deadline!!

April 28 1-3 pm, Location to be determined, Prerequisite swim test and orientation at a local pool

May 18, 19 & 25 9am-5pm Camp William B. Snyder, Haymarket VA

Note: You must attend ALL sessions to complete the course

This course will use the Red Cross blended learning option that requires approximately

## **Certifications**

You will earn the following certifications by successfully completing this course:

American Red Cross Lifeguarding/First Aid/CPR/AED and BSA Lifeguard

## **What do you need:**

- You must be at least 15 years old
- You must supply a BSA Annual Health and Medical Record form signed by a physician (Parts B & C). You must be approved for swimming activities
- You must demonstrate the following at the prerequisite swim test: swim continuously for 550 yards, including at least 100 yards of each of the following strokes in good form: front crawl, breaststroke, elementary backstroke, and sidestroke.
- Immediately following the swim you must tread water for two minutes using no hands (your hands must be under your armpits).
- You must be able to, starting in the water, swim 20 yards using a front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, surface, swim with the object 20 yards back to the starting point, and exit the water, all within 1 minute, 40 seconds.
- You will need to bring a bag lunch for each day of the weekend sessions.

**Cost:** \$150 (if you do not pass the prerequisite skills test a portion of your course registration fee will be refunded)



**Register early since the course is  
limited to the first 16 participants!**

Online Registration: [www.ncacbsa.org/aquatics](http://www.ncacbsa.org/aquatics)