

## Water Safety Instructor Course - \$178

**Includes:** All instruction, Water Safety Instructor kit and Fundamentals of Instructor Training participant book. Student should bring a 2-inch, three-ring binder for course materials.

Dates: **Sunday, April 18** 9 am—6 pm  
- Water Safety Instructor  
**Saturday/Sunday, April 24 & 25** 9 am—6 pm  
- Water Safety Instructor  
**Saturday/Sunday, May 1 & 2** 8 am—6 pm  
- Water Safety Instructor

### Prerequisites:

- Minimum age is 16 years old
- Possess a F.I.T. certificate issued within the past 12 months or have current Health and Safety Services Instructor Authorization; and
- Successfully complete the pre-course session.

### Certification Requirements:

- Complete all reading assignments;
- Attend all class sessions;
- Successfully complete all practice-teaching assignments;
- Pass the final exam with a minimum grade of 80 percent.
- **Demonstrate maturity and responsibility at all times.**



*Certificates will be issued upon successful completion of courses.*

For questions and/or to sign up for courses, contact ...

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## City of Jackson Aquatics Training 2010 Schedule



- Lifeguard Training with Title 22
- CPR for the Professional Rescuer, Lifeguard & First Aid Review
- Water Safety Instructor

## Lifeguard Training with Title 22 – \$208

**Includes:** Lifeguard Training participant book, Pocket mask (*includes CPR and first aid training*)

### Prerequisites:

- Minimum age of 15 years old
- Able to swim 300 yards, continuously.
- Starting in the water, swim 20 yards using front crawl or breast-stroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

**Dates:**

<b>Saturday-Sunday, March 27-28</b>	<b>9 am—6 pm</b>
<b>Saturday-Sunday, April 10-11</b>	<b>9 am—6 pm</b>
<b>Saturday, April 17</b>	<b>9 am—6 pm</b>

### 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.
- 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 land.
- Demonstrate how to perform equipment-based rescues.
- 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.

### Certification Requirements

- Attend all class sessions.
- Demonstrate competency in all required skills and activities.
- Demonstrate competency in the three final skill scenarios.
- Correctly answer at least 80 percent of the questions in the three sections of the final written exam.



## CPR/AED for the Professional Rescuer Review or Challenge Only - \$55

**Saturday, May 8, 2010** **8:30 am—1 pm**  
**CPR for the Professional Rescuer Review or Challenge**

- Each student must bring a current ARC CPR for the Professional Rescuer book & working pocket mask **\$55**

## Lifeguard Training & First Aid Challenge Only - \$55

**Saturday, May 8, 2010** **2:30 pm—7 pm**  
**Lifeguard Training & First Aid Challenge** **\$55**

- Each student must successfully pass all CPR/AED, Lifeguard Training and First Aid skills and written exams in order to receive a new 3-year certification for lifeguard training and first aid.
- A new CPR card may be obtained for an additional \$50.

## BE PREPARED TO SWIM EVERYDAY

**Attendance is 100% Mandatory for ALL classes for the entire day of each class. This includes pre-course orientation and swim test**

**PRE-REGISTER & PAY FOR ALL TRAINING AT JACKSON CITY HALL. FEES MUST BE PAID BEFORE START OF CLASS**



**All classes held at the Jackson City Pool and Scout Hut next to pool.**

**All instructors are certified American Red Cross Instructors.**