



Become a Lifeguard!

Certification could offer possible employment opportunities with EPRD.

REGISTER ONLINE!

WE ARE EXCITED TO OFFER YOU AMERICAN RED CROSS LIFEGUARDING BLENDED LEARNING.

Blended learning combines online learning with in-person skills sessions. Complete all eLearning modules, including the CPR/AED for Professional Rescuers and First Aid final eLearning exam, at least a day prior to your first in-person skills session. The eLearning portion is approximately 7 hours. Begin 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.

The in-person class will take place over three days:

11:30 AM-5:00 PM at Wulf Recreation Center (5/8/2021, 5/15/2021 & 5/22/2021).

Please plan on getting in the water each day. You should bring lunch and a face covering with you.

PROOF MUST BE PROVIDED THAT YOU COMPLETED THE E-LEARNING CONTENT USING ONE OF THE FOLLOWING METHODS:

- 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.

PREREQUISITES:

- Minimum age: 15 years
- Swim 300 yards continuously
- Tread water for 2 minutes using only the legs
- Complete a timed event within 1-min 40-sec by starting in the water, swimming 20 yards, surface dive to a depth of 7-10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards to return to the starting point, and exit the water without using steps or a ladder



The prerequisites will be completed on the first in-person day. You will need to pass the prerequisites in order to continue with the Lifeguarding course. If you are unable to pass the prerequisites, but can swim 100 yards, we will transfer you to a Shallow Water Lifeguarding course, which will run at the same time.

For certification, you must attend the entire course, complete all online learning modules, demonstrate competency in all required skills and scenarios, and pass the final written exams with a minimum grade of 80%. Upon successful completion, you will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, or Shallow Water Lifeguarding/First Aid/CPR/AED, valid for two years.



EVERGREEN PARK & RECREATION DISTRICT

If you have questions, please contact Jenny Bolduc & Seema Dwyer directly at 720-880-1117.

To register for this course, visit:
www.evergreenrecreation.com