

YMCA Lifeguard

This course is designed to provide the participants with the knowledge and skills needed to be a lifeguard and professional rescuer. Participants will be certified in CPR Pro for the Professional Rescuer, Basic First Aid for the Community and Emergency Oxygen Administration. The course presents information on the skills and knowledge lifeguards need in pool, lake, river, surf, and waterpark environments. The comprehensive course offers up-to-date information on how to lifeguard by anticipating and preventing problems before they occur and by taking action to help those in danger when necessary. Course covers safety skills, accident prevention, scanning, guarding techniques, emergency systems, rescue skills, first aid in aquatic environments, spinal injury management, open water dangers, legal responsibilities, pool management, and information on how to get a job as a lifeguard. The leadership competencies this course meets for the Leader Level are: Inclusion, Influence, Communication, Decision Making, and Emotional Maturity.

Number of Hours:	36 (includes 8.5 hours of eLearning), actual course time may be longer to account for breaks and transitions.
Training Manuals:	<ul style="list-style-type: none"> On the Guard: The YMCA Lifeguard Manual (2016 Edition)
Items to Bring:	<ul style="list-style-type: none"> Swim Suit/Towel Pen Picture ID (for proof of age) Minor Participants Permission Form (for participants 16-17 years old) Print out verification that eLearning was completed. After registering for the course, you will be sent a link to the courses that you will need to complete prior to the first day of class. You will not be allowed to continue with the course if the eLearning is not completed by the first day of class. There are 4 eLearning/online sections: 1)YMCA Lifeguard 2)CPR/AED for the Professional Rescuer 3)First Aid 4) Oxygen Administration.

Prerequisites:

- Minimum age of 16 by the last day of the scheduled course. Those under the age of 18 must have parental consent to participate in the course.

Pass the following three-phased Physical Competency Requirements

(Conducted in class on the 1st day, those who don't pass will not be allowed to continue):

- Phase 1:**
 - Tread water for 2 minutes (legs only)
 - Swim 100 yards of front crawl
- Phase 2:**
 - Swim 50 yards of each:
 - Front crawl with the head up
 - Sidestroke
 - Breaststroke
 - Breaststroke with the head up
 - Elementary backstroke kick with hands on the chest
 - Perform a feet-first surface-dive in 8 to 10 feet of water (or maximum depth of training facility). Then swim underwater for 15 feet.
- Phase 3:**
 - Starting in the shallow end of the water, sprint for a distance of approximately 60 feet then perform an arm-over-arm surface dive in 8 to 10 feet (or maximum depth of training facility)
 - Pick up an object (dive ring) from the bottom of pool, surface and tread water for at least one minute with legs only, replace the object back to the bottom of the pool where it was found
 - Swim the remaining length to end of pool, and hoist yourself out of water
 - Immediately begin compression on an adult manikin for one minute or 100 compressions, stand and listen to directions from instructor

NOTE: Y Lifeguard course includes CPR Pro for the Professional Rescuer, Basic First Aid and Emergency Oxygen Administration.

Minimum Entrance Requirements to become a YMCA-certified lifeguard. Participants must be able to accomplish these tasks:

- Sit for extended periods of time in an elevated chair. A candidate must remain alert and focused on the entire zone of responsibility for extended periods of time, even under conditions of high heat and humidity, with no lapses in

consciousness. Move safely to various locations, including entering and exiting an elevated chair, while scanning the zone of responsibility.

- Communicate with others immediately when responding to an incident or an emergency. Candidates must be able to communicate verbally, including projecting their voice across distances; communicate swiftly and clearly with emergency personnel over the telephone and or in person; and effectively give and receive directions.
- Hear noises and distress signals in the aquatic environment, including in the water and anywhere around the zone of responsibility. Candidates must understand that significant background noise exists in all indoor and outdoor aquatic environments. In addition, lifeguard candidates should have a minimum hearing threshold of no more than an average of a 25-decibel loss in both ears over a range of frequencies (500Hz, 1000Hz, 2000Hz, 788 and 3000Hz). Candidates who use hearing aids or other corrective devices for hearing should be able to perform all rescue skills and emergency procedures without interruptions to adjust, retrieve or install or attach hearing aid/corrective device.
- Observe all sections of an assigned zone or area of responsibility. Candidates who use corrective eyewear should be able to perform all rescue skills and emergency procedures without interruptions to adjust, clear, or retrieve corrective eyewear.
- Perform all rescue, resuscitation, and survival skills. Candidates must be able to perform basic first aid such as manual suction, use a bag-valve mask resuscitator, administer emergency oxygen use an AED (automated external defibrillator), and perform professional rescuer CPR.
- Think in the abstract, solve problems, make quick decisions, instruct, evaluate, supervise, and recognize the potential for danger or injury.
- Have adequate memory skills and be able to retain and apply the knowledge learned in lifeguard training.
- Act swiftly in an emergency and take action even when unsure whether a person is really in danger.

Certification Renewals:

The following certifications are good for two years:

- YMCA Lifeguard
- Basic First Aid for the Community
- Emergency Oxygen Administration

The following certification is good for one year:

- CPR Pro for the Professional Rescuer

YMCA Lifeguard certifications are not valid if any of the above certifications expire.

Three ways to re-new your YMCA Lifeguard certifications

- Successfully pass the YMCA Lifeguard renewal course, or
- Successfully pass the YMCA Lifeguard course, or
- Become a YMCA lifeguard instructor

YMCA Swim Lessons Instructor

This course provides participants with the basic knowledge and skills to teach YMCA swim lessons to parent-child pairs, preschoolers, youth and adults. It includes both land and pool sessions, lesson planning, teaching methodology, class organization, class components and skills for the YMCA progressive program. The course also covers the Y's expectations for instructors and outlines their responsibilities for teaching YMCA Aquatics classes that are student centered, values oriented and safe and effective in teaching aquatic skills.

Included in the course is the YMCA Instructor Safety Assistant Module. YMCA Instructor Safety Assistant (YISA), which will be taught by YSL trainers and will replace the YASA prerequisite. The YISA course focuses on how an instructor can assist and help a lifeguard in the event of an emergency in the pool area. It will teach lifeguards who are also swim instructors what role to play during an emergency while they are teaching rather than guarding. YISA is the fifth module within the YSL instructor course and helps reinforce aquatic safety, streamline the training system and decrease the required training hours.

Number of Hours:	24, actual course time may be longer to account for breaks and transitions.
Training Manuals:	<ul style="list-style-type: none"> • YMCA Swim Lessons: Teaching Swimming Fundamentals (ISBN: 0736000445) • YMCA Swim Lessons: Parent-Child and Preschool Aquatic Program Manual (ISBN: 9780736000536) • YMCA Swim Lessons: Youth and Adult Aquatic Program Manual (ISBN: 9780736000482) • Books will be provided for the duration of the course, if you wish to purchase the manuals, you may do so at www.ymcaprogramstore.com
Items to Bring:	<ul style="list-style-type: none"> • Swim Suit/Towel • Pen • Picture ID (for proof of age) • Minor Participants Permission Form (for participants 16-17 years old) • Proof of certification: <ol style="list-style-type: none"> 1. CPR/AED for the Professional Rescuer(valid for 1 year) 2. First Aid(valid for 2 years) 3. Oxygen Administration(valid for 2 years) • Certifications must be with one of the following providers: <ul style="list-style-type: none"> ○ American Safety and Health Institute (ASHI) ○ American Red Cross (ARC) ○ American Heart Association (AHA) ○ National Safety Council

Prerequisites:

- Minimum age of 16 by the last day of the scheduled course. Those under the age of 18 must have parental consent to participate in the course.

NOTE: CPR Pro for the Professional Rescuer, Basic First Aid and Emergency Oxygen Administration are NOT included in the course (unless stated otherwise)

Certification Renewals:

The following certifications are good for two years:

- YMCA Swim Lessons Instructor
- Basic First Aid for the Community
- Emergency Oxygen Administration

The following certification is good for one year:

- CPR Pro for the Professional Rescuer

YMCA Swim Lessons Instructor certification is not valid if any of the above certifications expire.

Ways to re-new your YMCA Swim Lessons Instructor certification

This certification expires every two years and must be recertified by taking Skin Diving & Snorkeling, Stroke Mechanics, Synchronized Swimming, YMCA Swim Lessons for Individuals with Disabilities Instructor or YMCA Swim Lessons Trainer *or* by training YMCA Swim Lessons Instructor at least once in the two-year period if you hold an active Swim Lessons Trainer certification. Another option for maintaining the certification is to retake the YMCA Swim Lessons Instructor course.

If your certification expires, you must retake the full YMCA Swim Lessons Instructor course.