



**City of Cheyenne Recreation and Aquatics Division**

**American Red Cross Lifeguard Training**

**Course Schedule and Homework Assignments**

| <u>Session</u>   | <u>Date</u>                    | <u>Hours</u> | <u>Time</u>     | <u>Location</u>       |
|--|--------------------------------|--------------|-----------------|-----------------------|
| <b>Precourse session</b>   | <b>Monday July 12, 2021</b>    | <b>1.0</b>   | <b>8am-9am</b>  | <b>Aquatic Center</b> |
| <b>Lesson 1 &amp; 2</b>  | <b>Monday July 12, 2021</b>    | <b>6.0</b>   | <b>9am-3pm</b>  | <b>Aquatic Center</b> |
| <i>The Professional Lifeguard, facility safety, rescues skills: Chapters 1-2, and 6</i>  |                                |              |                 |                       |
| <i>Patron Surveillance, facility safety, injury prevention: Chapters 2-4</i>             |                                |              |                 |                       |
| <b>Lesson 3 &amp; 4</b>  | <b>Tuesday July 13, 2021</b>   | <b>5.0</b>   | <b>8am-1pm</b>  | <b>Aquatic Center</b> |
| <i>Injury prevention, emergency action plans, and rescue skills part 1: Chapters 4-6</i> |                                |              |                 |                       |
| <i>Rescue Skills Part 2: Chapters 6</i>  |                                |              |                 |                       |
| <b>Lesson 5</b>  | <b>Wednesday July 14, 2021</b> | <b>3.0</b>   | <b>8am-11am</b> | <b>Aquatic Center</b> |
| <i>Before providing care, victim assessment, breathing emergencies: Chapters 7-8</i>     |                                |              |                 |                       |
| <b>Lesson 6 &amp; 7</b>  | <b>Wednesday July 14, 2021</b> | <b>3.0</b>   | <b>12pm-3pm</b> | <b>Aquatic Center</b> |
| <i>Cardiac emergencies and using an AED: Chapter 9, First Aid Chapter 10</i>             |                                |              |                 |                       |
| <b>Lesson 8</b>  | <b>Thursday July 15, 2021</b>  | <b>3.0</b>   | <b>8am-11am</b> | <b>Aquatic Center</b> |
| <i>Head, Neck, and Spinal injuries in the water: Chapter 11</i>                          |                                |              |                 |                       |
| <b>Lesson 9</b>  | <b>Thursday July 15, 2021</b>  | <b>5.0</b>   | <b>12pm-5pm</b> | <b>Aquatic Center</b> |
| <i>Final Scenarios</i>   |                                |              |                 |                       |
| <b>Lesson 9</b>  | <b>Friday July 16, 2021</b>    | <b>4.0</b>   | <b>8am-12pm</b> | <b>Aquatic Center</b> |
| <i>Written Exam Section 1/ Written Exam Section 2/Practice</i>                           |                                |              |                 |                       |

\*\*\*Schedule can change during the class and is an estimation of what time we will need. \*\*\*

\*\*\*Breaks will be taken throughout each session. Full Attendance is required in order to pass the course. \*\*\*



**Course Costs:**

**\$150.00**

**Make Checks Payable to City Treasurer**

**Pre-course Requirements:**

**Participants are required to swim 300 yards/meters continuously, with the first 100 yards front crawl with good coordination, the second 100 being breaststroke with good coordination and the last 100 being either front crawl or breaststroke. Goggles may be used for this portion. Participants must also swim 20 yards/meters using front crawl or breaststroke, dive to 10 foot of depth, retrieve a 10lbs diving brick and return with brick to starting point within one minute and 40 seconds. Goggles may not be used for this portion. Participants must also tread water for 2 minutes without the use of their hands. Hands must be placed in armpits and head kept above the water.**

**Age Requirement:**

**To be certified by the American Red Cross participants must be 15 years old before completion of the class. Participants may be asked to prove their age at the pre-course: driver's license and or birth certificate are valid for proving age.**

**Employment:**

**The City of Cheyenne Recreation and Aquatics Division is hiring certified lifeguards. The starting wage for lifeguards is \$12.00 an hour. Applications can be found online at [cheyennecity.org](http://cheyennecity.org).**