



**American
Red Cross**

Summer 2018: Health and Safety Courses-

The Mount Jackson and New Market Community Pools will be hosting health and safety courses this summer to train applicants interested in becoming an American Red Cross certified lifeguard or reviewing for recertification. Course offerings and a tentative schedule for each of the course offerings is found below:

Course Offering:	Tuition and Fees:	Schedule:
Lifeguarding r17	\$250.00	Sunday May 20th, 2018 12:00 P.M. to 6:00 P.M. New Market Community Pool
		Tuesday May 22nd, 2018 4:30 P.M. to 9:30 P.M. New Market Community Pool
		Wednesday May 23rd, 2018 4:30 P.M. to 9:30 P.M. New Market Community Pool
		Thursday May 24th, 2018 4:30 P.M. to 9:30 P.M. New Market Community Pool
		Friday May 25th, 2018 4:30 P.M. to 10:30 P.M. New Market Community Pool
Seniors and siblings of seniors will be permitted an excused absence the evening of Friday May 25 th , 2018 in order to attend commencement exercises at Stonewall Jackson High School. However, a mandatory make up session will be held on Sunday May 27th, 2018 from noon to 6:00 P.M. at the Mount Jackson Community Pool for those who are unable to attend due to graduation.		
Lifeguarding Review r17	\$175.00	Saturday May 19th, 2018 9:00 A.M. to 5:00 P.M. Mount Jackson Community Pool

Certifications: AED, Bloodborne Pathogens and Disease Transmission, CPR, First Aid, and Lifeguarding.

Upon successful completion, participants will receive a certification from the American Red Cross via email valid for two-years.

Lecture Instructor: Corey H. Harlow, LGI

Lab Instructor: Golda Liebl, LGI

Online Registration: <https://goo.gl/forms/9d7YIJLKuT8IdhzH2>

Course Schedule:

Day #1:

- Precourse Session
- Lesson 1: The Professional Lifeguard and Facility Safety
- Lesson 2: Facility Safety, Patron Surveillance and Injury Prevention
- Bloodborne Pathogens and Disease Transmission

Day #2:

- Lesson 5: Before Providing Care, Victim Assessment and Breathing Emergencies
- Lesson 6: Cardiac Emergencies and Using an Automated External Defibrillator
- Lesson 7: First Aid

Day 3:

- Lesson 3: Injury Prevention and Rescue Skills, Part 1
- Final Written Exam: Section 1—CPR/AED for the Professional Rescuer and First Aid

Day 4:

- Lesson 4: Rescue Skills, Part 2
- Final Written Exam: Section 2—Lifeguarding Skills

Day 5:

- Lesson 8: Head, Neck, and Spinal Injuries in the Water
- Final In-Water Skill Scenarios