



**SEDALIA
PARKS &
RECREATION**



**American
Red Cross**

Lifeguard Certification

The purpose of the American Red Cross Lifeguarding course is to provide participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services personnel take over. To enroll in the Lifeguarding course, you must be at least 15 years old before the last scheduled class session. To participate in the course, you must be able to pass a prerequisite skills evaluation by doing the following:

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. You may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs.
3. Complete a timed event within 1 minute, 40 seconds.
 - ~Starting in the water, swim 20 yards. Swim goggles are not allowed.
 - ~Surface dive to a depth of 7 to 10 feet to retrieve a 10 pound object.
 - ~Return to the surface and swim 20 yards on your back to return to the starting point with both hands holding the object while keeping your face at or near the surface. You should not swim the distance under water. Exit water without using a ladder or steps.

Certification Dates:

**March 16th 9am-5pm, March 17th
9am-5pm, March 18th 9am-1pm**

**May 8th 5-9pm, May 9th
9am-5pm, May 10th 9am-5pm**

**April 24th 5-9pm, April 25th
9am-5pm, April 26th 9am-5pm**

**Returning Guards only:
May 20th-21st 5-9pm**