

**AMERICAN RED CROSS HEALTH SERVICES/CENTRAL MARYLAND CHAPTER
4800 MT. HOPE DRIVE, BALTIMORE, MD 21215
410-624-2064**

**LIFEGUARD TRAINING, WATER SAFETY INSTRUCTOR, LIFEGUARDING INSTRUCTOR
NOTIFICATION FORM**

If you are planning to teach any of the American Red Cross courses listed above, in the Central Maryland Chapter, this form must be completed and returned to the Health Services office, **along with your course syllabus, as soon as your schedule is known.** **Certificates will not be issued unless we receive your notification form and course syllabus at least 2 weeks before training.**

At some time during your course, a Red Cross representative may visit your class. The purpose of this visit is to provide instructor support and to answer any questions you may have.

Your instructor's manual contains information regarding necessary equipment, books and instructor/student ratios. Please refer to your manual for this information. If you are planning to use Chapter equipment, there will be an equipment rental fee charged. Equipment packages should be reserved **at least 2 weeks in advance** by calling Ben Griffin at 410-624-2064. It is your responsibility to make the reservation, and to pick up and return the borrowed equipment on the specified day.

Books must be purchased for all courses. Each person trained must receive and take with them the textbook or instructor manual for each course they are being trained in. Call Phil Ormandy to order merchandise such as textbooks/manuals at 410-624-2071, or e-mail pormandy@arc-cmc.org. Book orders and participants must match when course records are submitted.

Course being offered:

	Shallow Water Attendant	HSAQU401
	Lifeguard Training	HSAQU402
	Lifeguard Training Challenge/Review (Must submit a copy of Red Cross current Lifeguard Training and CPR/AED for the Professional Rescuer certification for each participant to receive approval.)	HSAQU402
	Waterfront Lifeguarding	HSAQU403
	Waterpark Lifeguarding	HSAQU404
	Lifeguard Training Instructor	HSAQU803
	GuardStart: Lifeguarding Tomorrow .06	HSAQU101
	CPR/AED for the Professional Rescuer .06	HSPRO101
	Water Safety Instructor	3490I

Dates of Training:		Times:	
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Sponsoring Organization:	
Course Location:	

Contact Person:		Daytime Phone:	
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Instructor(s)	
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Is this course open to the public? ___YES ___NO Number of expected participants: ___
Is there a fee for the course? ___YES ___NO If yes, indicate amount of fee: _____

Mail To Ben Griffin
4800 Mt Hope Dr, Baltimore,MD. 21215

Lifeguard Block Plan

If you need to make any modifications to the following schedule due to differences in classroom or other facility issues, you must submit a class specific detailed block plan.

Material to be covered	In Water Time	Date	Time	Classroom Time	Date	Time
<p>Pre-course: <u>Age Verification</u> - Participants must be 15 years old on or before the last scheduled session of the course. <u>Swim Test</u> – Candidates can use goggles during the 300 yards swim only. They may not wear goggles during the object retrieval or during the rest of the course.</p> <ol style="list-style-type: none"> Swim 300 yards, continuously using the following strokes in the following order: 100 yards of front crawl using rhythmic breathing and a propellant kick, 100 yards of breaststroke and 100 yards of either front crawl or breaststroke. Swim 20 yards using breaststroke or front crawl, surface dive to a depth of 7-10 feet, retrieve a 10 lb. Object, return it to the starting point This is now a timed event. <p>Do not allow a lifeguard candidate to enroll in the course if they are unsuccessful with the pre-course.</p>	* 40 minutes or more			35 MINUTES		
Lesson 1 – Professional Lifeguard and injury Prevention	30 minutes			2 hrs. 30 min.		
Lesson 2 – Patron Surveillance and Emergency Preparation	1 hr			2 hrs.		
Lesson 3 – Rescue Skills	*2 hrs 20 minutes			40 minutes		
Lesson 4 – Before Providing Care and Rescue Skills Part 2	*1 hr 5minutes			1 hr 55 minutes		
Lesson 5 – Breath/ Cardiac Emergencies				3 hrs.		
Lesson 6 – Two-Rescuer CPT/AED	3 hrs					
Lesson 7 – First Aid				3 hrs		
Lesson 8 – Caring for Head, Neck & Back Injuries in Water	*1 hr 15 minutes			1 hr 45 minutes		
Lesson 9 – Course Review and Caring for Head, Neck and Back Injuries in Deep Water Part 2	* 2 hrs			1 hr		
Lesson 10 – Written Exam and Final Skills Scenarios	* 2 hour & 15 minutes			45 minutes		

* Indicates that deep water is needed.