



Dear Lifeguard participant:

Thank you for joining us on Moose Pond at Wyonegonic Camps for the 2015 Aquatics Trainings. You are enrolled in the following course:

Waterfront Lifeguarding: Sunday June 7th 9:00AM – Wednesday June 10th 5:00PM.

Waterfront Lifeguard Training is an American Red Cross certification aimed at teaching lifeguards the skills and knowledge needed to PREVENT and RESPOND to aquatic emergencies in both a pool and waterfront environment. Lifeguards are also taught to provide care for breathing and cardiac emergencies, injuries and sudden illness until EMS personnel take over. Prerequisites for the course require that you are at least 15 years of age and a competent swimmer and can so demonstrate by successful completion of a swim endurance test. This test will occur at our first meeting *in the lake*. Your continuation in the course is contingent on your successful completion of the swim test.

- 550 yards of continuous swimming demonstrating face in the water, breath control and appropriate leg action. Candidates may swim using the front crawl, breast stroke or a combination of both but swimming on the back or side is not allowed.
- Tread water for two minutes using only the legs
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10 pound object, return to the surface, swim with the object 20 yards back to the starting point and exit the water without using ladder or steps, within 1 minute, 40 seconds.
- Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4-7 feet of water, resurface and swim 5 yards to the side.

Successful completion of the course will require participation in all class sessions and in skills practice. Some of the skills practice sessions will require strenuous physical activity. If you have questions about participating fully or have medical conditions that may prevent participation please contact us prior to the start of the course. To complete the course you must correctly demonstrate ALL required skills, successfully complete all 3 final skill scenarios and correctly answer 80% of written examination questions in EACH of the three sections in the final written exam. The course will be intensive and will include evening sessions so come healthy and rested!

The environment at Wyonegonic is rustic and scenic. The cabins are simple with no electricity and the bathrooms and showers are centrally located. Camp has provided you with a list of items to bring. I remind you that you will be out and about in the natural surroundings and swimming in a fresh water lake which, depending on the weather in June, can potentially be VERY COLD.

In addition to the items that camp recommends for your stay, please make sure you have the following:

- 2-3 bathing suits and also 2-3 towels as you will be swimming multiple times each day
- We strongly recommend that you bring a WETSUIT - especially if you are prone to cold
- Diving Mask and Fins – required for certain elements of the course. Limited amount on hand at camp to borrow.
- Warm/layered clothing for after swimming.
- Sunscreen, bug spray, sunglasses and a hat
- Notebook or note paper and writing instruments. Laptop if you want to download your participants manual online (please download prior to your arrival as internet signal cannot be guaranteed). Laptops are at your own risk.

The *Lifeguarding Manual* is available in a free online version at RedCross.org. We recommend you use this link to access the manual prior to arriving at Wyonegonic for the class. <http://www.editiondigital.net/publication/?i=95090>. Please save the Manual as a PDF and do not rely solely on the online version as we cannot guarantee an internet signal. You can also print the manual. If you are unable to access the manual prior to the course, we will provide you with a loaner copy of the *Lifeguarding Manual* upon your arrival.

Feel free to contact the camp office at training@wyonegonic.com any time with any course related questions. We look forward to seeing you in June!

Susie Hammond
American Red Cross Lifeguard Instructor/Wyonegonic Camps Training Clinics Director