



Dear Waterfront Lifeguard Review 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 Review Course: Tuesday June 21st 9:00AM – Wednesday June 22nd 11:00AM.

The Review course is designed to review the Lifeguarding skills and core knowledge points required to recertify in Waterfront Lifeguarding. This includes CPR/AED for the Professional Rescuer and First Aid skills. To participate in the Waterfront Lifeguard Review Course you must be a currently certified Lifeguard or your certification must not have expired more than 30 days prior to the course. We ask that you arrive having prepared and reviewed course material. Successful completion of the review course will extend your certification for two years.

You must be and a competent swimmer and can so demonstrate by successful completion of the Waterfront Lifeguard swim pre-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, breaststroke 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.

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 in water skills including backboarding and rescues, first aid and CPR skills. You must also 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 sleeping cabins at Wyonegonic 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 freshwater lake which, depending on the weather in June, can potentially be VERY COLD. 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
- Sunscreen, bug spray, sunglasses, hat and warm/layered clothing
- 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 so you can review the material and arrive prepared to take the written examinations. goo.gl/iaLTRS. Please save the Manual as a PDF and do not rely solely on the online version as we cannot guarantee an internet signal.

We also recommend you use the refresher services offered by the Red Cross to practice and review skills. This is especially useful to review your First Aid and CPR skills! <http://www.redcrossrefresher.com/>

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!

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