

American Red Cross Lifeguard Training/Certification Course Fact Sheet

General Information

This course prepares candidates to recognize and respond quickly and effectively to aquatic emergencies and prevent drowning and other incidents. After successful completion of the course, participants will receive the following certifications: lifeguard training (two years), First Aid (two years), Cardio Pulmonary Resuscitation (CPR) for The Professional Rescuer (two years) and Automated External Defibrillator (AED) (two years).

Things to Know

- You must bring a swimsuit, towel and goggles to each class.
 - A one-piece suit is highly recommended.
- If desired, you may bring a snack.
- All participants must attend all sessions of the class, and be on time. Failure to attend the entire class will result in a failing grade and no refund. If you cannot attend all sessions, please call 614-688-1058 at least one business day before the start of your class to cancel your registration.
- Do not be late. Part of being a professional American Red Cross Lifeguard is being on time. Being late to any of the sessions could result in termination from the class and forfeiture of fees.
- The Ohio State University Department of Recreational Sports is not responsible for any lost or stolen items. We suggest leaving valuables (cellphone, iPad, wallet, etc.) at home or using a lock to secure items in a day use locker.
- All cellphones and/or pagers must be turned off or set to silent during class.

Dates and Times

Please check the schedule at go.osu.edu/safetytrainings.

Fees

The deadline for registration is Wednesday before the first class. This can be done online, by visiting the Community Programs office at the RPAC or by calling 614-688-1058. Fees must be paid at time of registration.

Members: \$175

Non-Members: \$150

Fees include instruction, facilities and materials.

Refund Policy

Should you need to cancel a lifeguard training class, you may do so up to two weeks before the start of the class. Cancellations and refund requests must be made in writing to the program director at least two weeks prior to the start of the class to receive a refund, less the \$30 administrative fee. After that deadline, you will not be eligible to receive a refund. Individuals who do not pass the prerequisite swimming skills will not receive a refund.

Prerequisite Swimming Skills Evaluation (first class)

Participants must be at least 15 years of age by the last day of class. Those under 18 must provide ID. The first class will consist of the prerequisite swimming skills evaluation. Satisfactory completion of the skills must be achieved to take the course and become certified. If not satisfactorily completed, the participant will not be able to continue in the course and a program credit may be issued.

The prerequisite swimming skills evaluation consists of:

1. Swim 300 yards continuously, demonstrating breath control and rhythmic breathing. Candidates 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 two minutes using only the legs. Candidates should place their hands under the armpits.
3. Complete a timed event within 1 minute, 40 seconds.
 - Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
 - Surface dive, feet-first or head-first, to a depth of 7-10 feet to retrieve a 10-pound object.
 - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water.
 - Exit the water without using a ladder or steps.

