

BSA LIFEGUARD TRAINING:

Friday, May 7th – Sunday, May 9th – For those of you interested in becoming or recertifying as a BSA Lifeguard we have reserved the Camp Perry Aquatics facilities to hopefully finish the training in that weekend.

This class is open to ALL youth and adults, male or female, 15 years of age or older. Class space is limited to 20 participants, so register quickly! If we end off with a waiting list, we will schedule an additional weekend. **ALL PEOPLE INTERESTED IN WORKING AS LIFEGUARDS AT CAMP PERRY and LAGUNA SUMMER 2021 MUST ATTEND THIS TRAINING OR BE A CURRENTLY CERTIFIED BSA LIFEGUARD.**

Class fee is \$ZERO per person and includes training sessions, training supplies (except snorkel kit) and materials, Certified Lifeguard Instructor and BSA Lifeguard. A HUGE “Thank You” to John Randolph, our Council’s Camp Aquatics director and the Council for offering this training at no cost!

The schedule is included for your convenience. Friday evening states that we will go until 9:00 pm. This will, however, be an intense 3-day training!

If you have any questions at all, please contact Ada Y. Treviño via text at 956-465-9556 or ada.yesenia.t@gmail.com.

What to Bring:

COVID Facemask

Swim Suit (modest please!)

Towels

Water Shoes and/or flip flops

Dry Clothes

Water Bottle

Mask, Snorkel and Fins (if you have them; we have a limited supply available)

Lunch, Snack, or Money (\$10 will cover to pitch in for Lunch)

Good attitude!

Schedule:

Friday The following information is copied directly from the ARC Lifeguarding Instructors Manual:

Shallow Water Lifeguarding course prerequisite skills:

1. Swim 100 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, or breaststroke. Swim goggles are allowed.

2. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.

3. Complete a timed event within 50 seconds:

‡ Starting in the water, swim 20 yards using the front crawl or breaststroke. The face may be in or out of the water. Swim goggles are not allowed.

‡ Submerge to a depth of 4 to 5 feet to retrieve a 10-pound object.

‡ Return to the surface and walk or swim 20 yards to return to the starting point with both hands holding the object at the surface of the water.

‡ Exit the water without using a ladder or steps.

Saturday:

8:00 am – 12:00 noon Morning Session

12:00 noon – 1:00 pm Lunch

1:00 pm – 4:00 pm Afternoon Session

Sunday:

8:00 am – 11:00 noon - Morning Session

11:00 noon – 12:00 pm Lunch

1:00 pm – 2:00 pm Wrap up and Written Tests

Sunday's topics include: Deep Water rescues for injured victims both on the surface and submerged; Review; First Aid/CPR/AED for Professional Rescuers, etc.