



AMERICAN RED CROSS (ARC) WATERFRONT LIFEGUARD COURSE DESCRIPTION



The Waterfront Lifeguard training course teaches the skills required to work in the capacity of a lifeguard at either a pool or waterfront setting. Participants **must** be able to complete all the prerequisite swim tests below on the first day of the course to continue. All participants who successfully pass this course and meet all the conditions will be guaranteed a place with extra pocket money for the summer.

Prerequisite swim tests for the waterfront lifeguard course

If you fail these tests you will not be allowed to continue on the course and all money paid will be forfeited.

- 1. Swim 500m (20 lengths of 25m pool) continuously, using these strokes in the following order:**
200m of front crawl using rhythmic breathing and a stabilizing, propellant kick, 200m of breaststroke using a pull, breathe, kick and glide sequence 100m of front crawl or breaststroke or a combination of both
- 2. Timed Event**
Starting in the water, swim 20 meters using front crawl or breaststroke, surface dive 7–10 feet, retrieve a 10-pound object, return to the surface, swim 20 meters back to the starting point with the object and exit the water without using a ladder or steps within 1 minute, 40 seconds.
- 3. Underwater swim**
Swim 5m; submerge and retrieve 3 dive rings placed 5m apart in 4–7 feet of water; resurface; swim 5m to side of the swim area.

Conditions of participation on an ARC waterfront lifeguard course.

- All participants must be 18+ years old as of 1st June 2008.
- To be guaranteed a placement you must successfully pass all parts of the course and be able to leave by 25th June 2008
- To participate on the course the full fee of £80 must be received with an enrollment form.
- You must apply through the Camp America program to participate on any of these courses.

What will be taught on the course.

The American Red Cross waterfront lifeguard course will teach you the skills and knowledge required to prevent and respond to aquatic emergencies. It will include the following:

The professional lifeguard and injury prevention; patron surveillance and emergency preparation; rescue skills; before providing care; breathing and cardiac emergencies; two rescuer (CPR Cardio-Pulmonary Resuscitation) and AED (Automatic external defibrillation); first aid; caring for head, neck and back injuries and shallow and deep water line searches.

Conditions of passing the course.

To pass the course all participants must:

- Pass the prerequisite swim tests.
- Attend all pool and classroom sessions.
- Perform all skills to an instructor to the required American red cross standard.
- Complete the daily warm up swim of approximately 300m.
- Obtain 80% in each of the three multiply choice written exams.
- Successfully pass all scenario tests.

Please note: In addition to swimming skills, your attitude and responsibility level will also be assessed and they are just as important in determining the success of your application to be an ARC Lifeguard. Your instructors can decide to non-recommend any applicant who they determine to be unsuitable for a Lifeguard position. If this proves to be the case you will still be a qualified ARC Lifeguard but Camp America reserves the right to remove your guaranteed placement status. All payments will be forfeited.

Placement information on completion of all parts of the course.

All successful participants will:

- Be guaranteed a placement in an American summer camp providing you can leave by 25th June 2008.
- Most likely be placed on the waterfront setting but please be aware you may be asked to perform other duties as well.
- Receive two American Red Cross certificates one for Waterfront lifeguarding and first aid valid for 3 years and another for CPR/AED for the professional rescuer valid for 1 year. These certifications will be sent directly to the camp you will work for during the summer as they are required by your camp for health and safety checks usually before you depart to America. However it is your responsibility to collect your certifications at the end of the season before departure from camp as all duplicates are chargeable.
- Upon successful completion of your summer assignment receive the following rates of pocket money \$1050 for 18 – 20 yrs and \$1100 for 21+. These increases in pocket money are only applicable to those who complete the ARC course in the UK through Camp America. Those who are put through an ARC course upon arrival at camp do not qualify for the increased pocket money.

Summer placements information.

Participants who have a placement prior to the start of the course: If you already have a placement on an American summer camp that is dependant on passing this course your camp director will be advised shortly after you pass the course. However it would be a nice gesture for you to inform the camp directly.

Participants who do not have a placement prior to the start of the course: Your American Red Cross waterfront lifeguard qualification will be added to your application form which will then be matched to a summer placement. Please be patient as this may take a few weeks.

Extra conditions

- Participants who fail the prerequisite swim tests or any other part of the course will forfeit all monies paid and lose guaranteed placement status. However you may still apply for a summer position as a regular application and will need to contact your interviewer.
- Cancellation Policy: All payments are non-refundable (except for bona-fide medical reasons accompanied by a doctor's note). If full payment is not received prior to commencement of the course, you will lose your place and forfeit all payments made.

How to enroll

1. Complete an enrolment form obtainable from your interviewer or download from the following website <http://www.campamerica.co.uk/courses.php>
2. Send the completed enrolment form with the full payment of £80 to Donna Perryman PO box 254, Northampton NN2 8WZ.
3. To confirm you have secured a place on your chosen course you will receive a schedule prior to the start of the course detailing the travel information, location, dates and timetable.

Payment methods

- Cheques or postal orders to be made payable to: Camp America and sent with your enrolment form to: Donna Perryman PO box 254, Northampton NN2 8WZ
- Online payments can be made by contacting Jason Cook at the Camp America London office on 0207 581 7332 (You must still send your enrolment form to Donna Perryman stating on line payment)

Please note: You must be accepted onto the Camp America program to participate in the ARC Waterfront lifeguard course.

Any further queries please email Donna Perryman at campamericacourse@btinternet.com