

# LACC Lifeguard Training



Welcome to Lake Aurora and the Lifeguard Training/Aquatics Program! Becoming a lifeguard is a life-changing and rewarding experience. Prior to attending, please be aware that this camp is physically challenging. You **MUST** be a strong swimmer.

## Before You Arrive

- You are required to complete the online portion from Red Cross AT LEAST 48 hours prior to May 30th. **DO NOT DELAY.** It will take several hours to complete the videos and tests. A link to the material has been emailed to all active registrants.
- If you have access to a pool or lake, swim often to prepare for the initial testing (see below). Also practice bringing a 10 pound weight (or solid brick) from the bottom to the surface.
- Female participants: If you usually have long fingernails, please trim them to the shortest length you are comfortable with. This is a safety matter so no one is scratched during the water skills training sessions.
- Pack at least 2 swimsuits (in accordance to Lake Aurora's guidelines) and towels.
- Bring plenty of waterproof sunscreen.
- Bring a refillable water bottle with your name on it.
- Bring swim goggles (Required)



## Arrival at 4:00 PM Tuesday, May 30th

- Arrive on time so we can get started as soon as possible. We have a lot of material to cover.
- Follow the instructions of the Lake Aurora staff and get settled into your cabin.
- Change into your swimsuit and meet at the shelter at the waterfront.
- After a brief introduction, you will complete a swim test consisting of:
  - A 500 yard swim using breaststroke or crawl stroke
  - Swim 25 yards, go underwater to retrieve a 10 lb. weight at a depth of 7 ft, and bring the weight to the surface. Return 25 yards to the starting point and exit the water within 1 min 40 seconds.
  - Tread water for 2 minutes using only your legs.

## During the Week

- You will begin each day with an early morning swim (before breakfast)
- You will need to read a minimum of 3 chapters each day from the Red Cross Lifeguard Training Manual.
- Drink water often.
- Reapply sunscreen throughout the day.
- Surprise drills will occur periodically throughout the week. Be prepared to use your skills at any time.

## The Final Day, Saturday June 3rd

Upon passing the skills and written tests, you will receive your Red Cross certification as a qualified lifeguard. The program ends at 12:00 pm. There is a possibility to finish early, around 11:00. This depends on how well we work throughout the week.

We are excited to have you as part of this program and look forward to being with you.

Sincerely,

Kari Richards and Randy Garland, Program Directors and Red Cross Instructors/Trainers