

2020 American Red Cross Winter Lifeguarding Class Schedule Strauss-Peabody Aquatic Facility

Date	Time	Material Covered	<i>MINIMUM</i> Work to be completed PRIOR to date shown. You are encouraged to work ahead as the class progresses quickly.	Average 'Out of Classroom' Time to complete work
<p><i>The online portion of this class is available to view right away. Plan to complete your coursework accordingly and prior to classroom work listed below. After enrollment at the Strauss-Peabody Aquatic Center contact the instructor listed at the bottom of this page for a link to the online content and additional class information.</i></p>				
Tuesday, February 18, 2020	6:15PM - 7:15 PM	Precourse Session	Prepare for precourse. Ensure you have the ability to complete each task within time frames. Created ARC login and completed a majority of the material.	TBD
Tuesday, February 18, 2020	7:30 PM - 9:30 PM	Surveillance and Safety, Injury Prevention	Complete Lessons 1, 2 & 3 online PRIOR to class. Read corresponding chapters in ARC Lifeguarding Manual and complete Chapter Reviews*: page 18 - 22, 50-54, 81-86, 113-116, 137-142.	6.5 hours
Thursday, February 20, 2020	5PM - 9PM	Water Rescue Skills	Complete Lesson 4 PRIOR to class. Read corresponding chapters in ARC Lifeguarding Manual and complete Chapter Reviews*: 164 - 168.	2.5 hours
Saturday, February 22, 2020	8AM - 12PM	Providing Care, Cardiac Emergencies & AED, Water Skills	Complete Lessons 5, 6 & 7 PRIOR to class. Read corresponding chapters in ARC Lifeguarding Manual and complete Chapter Reviews*: 220-222, 255-258, 286-288, 329-333.	4.5 hours
Saturday, February 22, 2020	1PM - 5:30PM	First Aid & Head, Neck and Spinal Injuries	Complete Lesson 8 PRIOR to class. Read corresponding chapters in ARC Lifeguarding Manual and complete Chapter Reviews*: 353-358.	1.5 hours
Sunday, February 23, 2020	1:30 - 5:30	Final Exam	Complete CPR for PR exam online.	N/a

*Chapter Reviews & Online Progress Reports must be handed in prior to each class session.

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