



**American  
Red Cross**

# Boy Scouts of America and American Red Cross Lifeguard Training



**Do you need training for a Lifeguarding job for the summer?**

## **Dates / Times:**

March 28 Registration deadline!

April 3 @Principia School Pool 13201 Clayton Rd, St. Louis MO 63131

-Prerequisite swim test and orientation

April 23, 24, 30, May 1 9am-5pm Principia School

**Note: you must attend ALL sessions**

This course uses the Red Cross blended learning option that requires approximately 7 ½ hours of online study before April 23. This allows us to reduce the amount of time needed for knowledge development classes

## **Certifications:**

You will earn the following certifications by successfully completing this course:

-American Red Cross Lifeguarding/First Aid/CPR/AED

-American Red Cross Waterfront Skills

-Boy Scouts of America Lifeguard

## **What you need:**

**Cost: \$140**

- You must be at least 15 years old.
- You must supply a current BSA Annual Health and Medical Record form signed by a physician (Parts B&C).
- You must demonstrate the following at the prerequisite swim test: swim continuously for 550 yards (swim goggles are allowed), including at least 100 yards of each of the following strokes in good form using rhythmic breathing: front crawl, breaststroke, sidestroke and elementary backstroke. Immediately following the swim you must tread water for two minutes using no hands (your hands must be under your armpits).
- Complete a timed event within 1 minute, 40 seconds: starting in the water, swim 20 yards, retrieve a 10-lb object from 7-10' deep, swim back to the start on your back with both hands on the object, exit the water.
- Swim 5 yards on the surface, submerge and retrieve three dive rings placed 5 yards apart in 4-7' of water, resurface and swim 5 yards to the side of the pool.

(Note: those who are not able to pass the prerequisite skills will be issued a partial refund of fees)

- You will need to furnish a swim mask, snorkel and fins (all other equipment is provided).
- You will need to bring a bag lunch for each day of the weekend sessions.
- You will need to complete the Red Cross blended learning sessions before April 23 and bring proof of completion to the first class.

**Register early since course space is limited!**

Online registration at: [stlbsa.org/training](http://stlbsa.org/training) Questions: Mike Meenehan [mmmeenehan@gmail.com](mailto:mmmeenehan@gmail.com)

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