

# LIFEGUARD TRAINING

15 - 20 April • MCRD Parris Island Indoor Recruit Pool and Four Winds

**PARTICIPANTS MUST BE 15 OR OLDER BY 20 APRIL, 2019**

Cost: \$175.00 per person

This American Red Cross course provides entry-level participants the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses until EMS personnel take over.

**PARTICIPANTS MUST COMPLETE A SKILLS TEST IN ORDER TO TAKE THE CLASS. THE TEST INCLUDES:**

- Swimming 300 yards continuously using freestyle or breaststroke or a combination of both (swimming on back or side is not allowed)
- Treading water for 2 minutes using only the legs
- Completing a timed event within 1 min, 40 seconds by starting in the water, swimming 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards back to the starting point with the object, and then exit the water without using steps or a ladder

**15 APRIL** • Pool: 1630-2000

**16 APRIL** • Four Winds: 1400-1700 • Pool: 1700-2000

**17 APRIL** • Four Winds: 1400-2000

**18 APRIL** • Four Winds: 1400-1700 • Pool: 1700-2000

**19 APRIL** • Four Winds: 1400-1700 • Pool: 1700-2000

**20 APRIL** • Pool: 0900-1600

For more information, contact Josh Cole: ✉ [colej@usmc-mccs.org](mailto:colej@usmc-mccs.org) ☎ 843-812-4588



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