

# LACC Lifeguard Training



## Welcome to Lake Aurora Christian Camp And the Lifeguard Training and Aquatics Program!

Becoming a lifeguard is a life changing and rewarding experience and I know you are as excited as I am. There are a few things I want you to be aware of and prepare for:

### Before you come -

- It is required to complete the online portion from Red Cross at least 48 hours prior to May 31. 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 registrations.
- If you have access to a pool, I encourage you to swim often to prepare for the initial testing (see below). Also practice bringing a ten pound weight (a solid brick will work) from the bottom of the pool to the surface.
- To female participants: if it is normal for you to have long finger nails, I would ask you to trim them to the shortest length that you are comfortable with. This is a safety matter so no one is scratched during the water skills training sessions.
- Pack at least two swim suits (in accordance with LACC guidelines) and towels.
- Bring plenty of sunscreen with "waterproof" quality to it.
- Bring a refillable water bottle with your name on it.
- Bring swimming goggles (required).

### Arrival at 4:00 PM Tuesday, May 31

- Arrive on time so we can get started as soon as possible.
- Follow the instructions of the LACC staff and get settled into your cabin on Hillside
- Put your swim suit on; meet at the shelter at the waterfront.
- After a brief introduction, you must complete a swim test consisting of:
  1. A 500 yard swim using breaststroke or crawl.
  2. Swim 25 yards; go underwater to retrieve a 10 lb. weight at a depth of 7 ft -. Bring the weight to the surface and return 25 yards to your starting point and exit the water within 1 minute, 40 seconds.
  3. 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 three chapters each day from the Red Cross Lifeguard Training Manual.
- Drink water often.

### The Final Day – Saturday June 4

- Upon passing the skills and written tests, you will receive Red Cross certification as a qualified lifeguard.
  - Program closes at **12 pm. There is a possibility of early finish. Could be 11:00 am**

I am so excited to have you as a part of this program and look forward to being with you.

Sincerely,

Caleb Reyes and Randy Garland, Program Directors & Red Cross Instructor/Trainers