



**American  
Red Cross**

**Welcome to Lifeguarding Course at the Carroll Recreation Center in Iowa!**

Thank you for your interest in Lifeguarding! The City of Carroll offers “blended learning” where students complete a portion of the class at home, so they are prepared and ready for skills and discussion at the pool with an instructor. In order to become certified, you must:

**Certification Requirements for Lifeguard Course – American Red Cross**

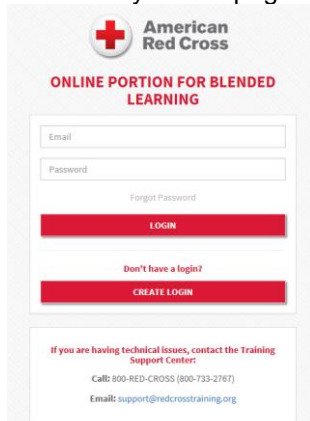
- Attend and participate in ALL class sessions
- Online “homework” assignments (about 7 hours), must be completed and on time
- Display mature and responsible attitude throughout class
- Demonstrate competency in all required skills and activities
- Demonstrate competency in all required final rescue skill scenarios
- Pass Section 1 CPR/AED for the Professional Rescuer and First Aid final written exam at 80 percent
- Pass Section 2 – Lifeguarding final written exam at 80 percent (both tests are multiple choice)

The Carroll Recreation Center prefers if the entire blended learning course is done online before the 1<sup>st</sup> day of class. However, the only requirement is it MUST be done before the final “testing day”. Most learners complete the online portion in approximately 7 hours. However, your experience may vary widely based on: your PC, internet speed and previous training. The online portion must be taken on a PC or tablet with a high-speed Internet connection (see below for the complete set of PC/tablet requirements for this online course).

Here is the link for the online portion of class to do at home:

<http://redcrosslearning.com/course/73031950-15c1-11e7-b4e0-51657ecd06af>

It will take you to a page like this:



Please use an email personal to YOU, not your parents!

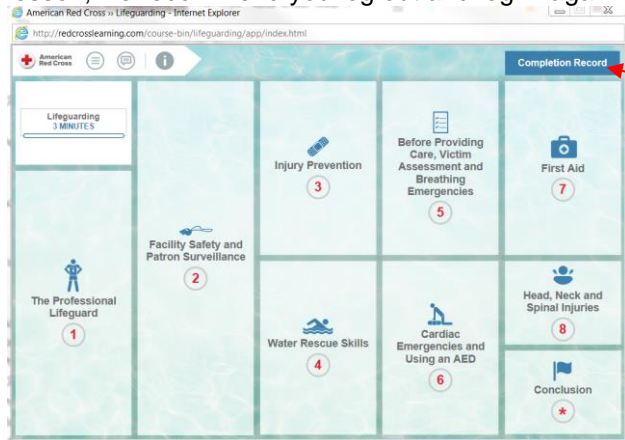
This is how your account will be linked to your certification, so it is vital that it is a personal account and unique to you. When you do review courses in the future, or other online Red Cross classes, this will be your account.

Write your information here:

User name \_\_\_\_\_

Password \_\_\_\_\_

Once you launch (turn off pop up blockers).... Go through the introduction, and each “lesson”. After each lesson, we recommend you log out and log in again so it doesn’t time out or lose your spot.



This is where you will click to print, or take a photo of proof that you have completed the online portion



To assist you in the course, you can download to a device the Lifeguard Manual for free. During class, you will be able to borrow a “real copy” during the class from the Carroll Recreation Center.

[http://embed.widencdn.net/pdf/plus/americanredcross/jhlpooovbxz/LG\\_PM\\_digital.pdf?u=xm9usb](http://embed.widencdn.net/pdf/plus/americanredcross/jhlpooovbxz/LG_PM_digital.pdf?u=xm9usb)

**On the first day of class, please bring:**

- Proof of age (ex: Photo ID with birthdate) – must be 15 by last day of class
- Goggles
- Swim Suit – something “professional”, remember we will be touching/grabbing people during skills so we want suits to stay in place and provide full coverage (ex: girls- a 1 piece or sports 2 piece, no bikinis, boys- trunks that can tie tightly and no “speedo”)
- Towel – maybe 2!
- Spare comfortable clothes to change into
- Beverages and snacks/meal (nothing too stinky or loud please)
- Pen & Paper
- Optional: highlighters and post-it notes
- Please be prepared to provide your instructor with proof that you completed the online portion using one of the following methods:
  - print your online course completion record available at the end of the online course
  - take a photo on your phone of your course completion record
  - show/print your email received from the Red Cross confirming completion of the online portion
  - login to the online portion and show your instructor the completion status that appears above the “Launch Course” button

Day 1 of Class, you will be required to do the “Pre-Course”

***You do not have to be a “great” swimmer or on swim team to lifeguard! You need to have the following skills, which will be demonstrated on the first night of class to make sure the class is safe for you and your classmates:***

- Swim 300 yards continuously, goggles allowed and this is NOT timed (using “rotary” side breathing of only front crawl and/or breaststroke)
- Tread water 2 minutes, legs only
- In 1 minute 40 seconds no goggles, swim 20 yards submerge 7-10 feet retrieving a 10 lb brick to return to surface and swim on your back holding the object 20 yards and exit without ladder/steps

I look forward to meeting you!

McKenzie Kiger, LGI/LGIT certified with the American Red Cross  
Recreation Superintendent at the Carroll Recreation Center for the City of Carroll  
712-792-5400 OR [reccenter@ci.carroll.ia.us](mailto:reccenter@ci.carroll.ia.us)

**PC/Tablet Requirements for Online Course:**

Processor	Dual-core processor speed greater than or equal to 2.3GHz
Memory	4 GB
Operating Systems	Desktop: Microsoft Windows 7/8/10, OS X Snow Leopard 10.6+ Tablet: iPad iOS 7+ (Safari), Android 4.0.3+ (Google Chrome) This course is not supported on smartphone devices.
Browsers	Chrome 49+, Firefox 47+, Safari 9+ Cookies, JavaScript, images and HTML5 audio/video must be supported
Screen Resolution	1024x768
Color Depth	High Color, 32 Bit
Bandwidth	2.0 mbps dedicated or faster; broadband Internet access recommended
Audio	Soundcard and either speakers or headphones for multimedia audio