

## 2024 American Red Cross Lifeguard Recertification Course Schedule and Guidelines

**Overview:** This one-day class will re-certify you through the American Red Cross in Lifeguarding, Professional Rescuer CPR, AED, and First Aid. This course will renew your certification for another two years. Only those guards whose certifications were issued in 2022 will need to take this course. Successful course completion requires **100% participation** in classroom and skill sessions, as well as successful performance in skill and knowledge evaluations.

Not sure if you need to get recertified this year? You can look up your current certification anytime at <https://www.redcross.org/take-a-class/digital-certificate> using your email address. Check the date- if your certification is dated spring/summer 2022, you'll need to get re-certified this year.

**Schedule/Location:** This is a one day course that is scheduled from **8am-6pm**. There is a pool half and a classroom half, with a one-hour lunch break between. Classes are held at multiple locations for you to choose from. Some of our courses have two locations- a neighborhood pool and the main office (classroom portion). There is **limited availability**, so please register early to save your spot. There is a strict ratio of instructors:participants for both teaching and safety purposes, so once a class is full, we can not add anyone to a course at the last minute.

**Class Registration:** To register for a class, please email Grace at [staffing@atlanta-pmg.com](mailto:staffing@atlanta-pmg.com) or call and speak with Grace or Caitlin at the office at (770) 992-7665 (Option 1). You will receive a detailed email with all the specific class information about one week before the start of the class. Make sure to read that email *carefully!*

### **The Re-Certification course is FREE OF CHARGE for returning SwimAtlanta employees!**

We are so glad that you'll be joining us again this summer and are happy to help get you recertified! This class is free of charge to you as long as you work consistently and throughout the entire summer. Those who do not work/meet the requirements will be charged the full Red Cross course fee. We ask that you bring your CPR masks and hip pack- you **MUST** have these for the skills exams. If you have lost your old hip pack or would like a newer one, you may purchase one (prior to your class) from our uniform website. We will not have extras to hand out.

**Lifeguard Recertification Course Pre-Requirements:** A recertification class is only for those who are currently Lifeguard certified through the Red Cross. Per Red Cross requirements, this class is only available to those whose certification is less than 30 days expired. **If your certification is more than 30 days expired, you must take a full 2 day class.** Please try to register for a recert course on or before the date that your current certification expires. Text/email Grace with specific questions.

**Skill Pre-Requirements:** These are the same pre-skills as the regular class. We'll do these together.

→ Note: these pre-reqs have been modified since you took your first lifeguarding class. This is because the Red Cross updated the lifeguarding course. They are basically the same skills in a different order.

- Prerequisite 1: Complete the following swim-tread-swim sequence without stopping to rest:
  - Jump into the water and totally submerge, resurface, and then swim 150 yards (3 full laps) using freestyle, breakstroke, or a combination of the two. Backstroke is not allowed.

- Stop in the deep end and tread water for 2 minutes using only your legs. You can either tuck your hands under your armpits, hold them above your head, or switch between the two as you go, whatever is most comfortable. We'll help you time this portion.
  - Once the 2 minute tread is over, swim another 50 yards (1 full lap) using freestyle, breakstroke, or a combination of the two. Backstroke is not allowed.
- This is NOT a timed event and it is NOT a race! Just keep swimming and you will be good to go! Swim goggles **ARE** allowed for this event and you may bring them to class if you choose to.

- Prerequisite 2: Complete the following sequence within 1 minute and 40 seconds:
    - Starting in the shallow end, swim out 20 yards (almost all the way to the deep end).
    - Perform a surface dive to 10ft deep, and retrieve a 10-pound weight from the bottom.
    - Once you have the weight, return to the surface and swim back to the starting position while keeping your face out of the water.
    - After you return the brick to an instructor, exit the pool without using the ladder or steps.
- This event is timed, and goggles are NOT allowed. You should be comfortable diving to the bottom of the pool (10ft). We will teach you the best way to both retrieve and swim with the weight, and give you a chance to practice if necessary.

## **Recert Class Schedule: All Classes 8am-6pm**

**Recert Class 1 (Spring Break) (Friday April 5<sup>th</sup>) @ SwimAtlanta Johns Creek**

**Recert Class 2 (Saturday April 27<sup>th</sup>) @ Haynes Landing**

**Recert Class 3 (Saturday May 11<sup>th</sup>) @ SAPM Office/Haynes Landing**

**Recert Class 4 (Sunday May 19<sup>th</sup>) @ SAPM Office/Haynes Landing**

Additional classes may be added later in June due to demand but are not guaranteed. This document will be updated. We highly recommend you take a class sometime in April if possible- that way, you don't need to worry about your certification expiring before you begin working!

### **Class Locations**

**Haynes Landing Neighborhood Pool-** 3400 New Heritage Drive Alpharetta GA 30022

**SwimAtlanta Johns Creek-** 4050 Johns Creek Parkway N Suwanee, GA 30024

**SwimAtlanta Main Office-** 1210 Warsaw Road Suite 800 Roswell GA 30076

Please note: some courses have two locations listed (ex: Haynes Landing & SwimAtlanta Office). The pool portion will take place at the listed neighborhood pool and the classroom portion will take place at the SwimAtlanta home office in Roswell. The lunch hour is also used for transportation.