Lifeguard Training

June 5, 7-8
$250/person

Registration includes:
Thursday night snack, Saturday breakfast, lunch, dinner & Sunday dinner.
*2 night lodging (Fri/Sat) available for additional $50/person
**additional lodging Thursday available at additonal cost, contact for more information
***Waterfront lifeguarding available at additional cost, contact for additional information

To register call (616) 696-8675
or email danni@pineridgecamp.com

Thursday, June 5: 6pm - 9pm
Saturday, June 7: 9am - 9pm
Sunday, June 8: 1pm - 9pm

Pine Ridge BIBLE CAMP

Pine Ridge Bible Camp
8415 17 Mile Rd. NE
Cedar Springs, MI 49319

Lifeguard Training Course Information

Lifeguard Training is strenuous, physically demanding and will involve many important lifesaving skills. To complete this course you must be physically able to perform all of the practice sessions and skills. Upon successful course completion a student will receive an American Red Cross Lifeguarding Certificate including First Aid and CPR/AED. (valid for 2 years)

Prerequisites (you must **already be able to** do these things before taking the course):

- A participant must be at least 15 years old on or before the last day of class.
- Successfully complete the two prerequisite swimming skills evaluations:

Prerequisite 1:

Complete a swim-tread-swim sequence without stopping to rest:

- Jump into the water and totally submerge, resurface then swim 150 yards using the front crawl, breaststroke or a combination of both. (Swimming on the back or side is not permitted. Swim goggles are allowed.)
- Maintain position at the surface of the water for 2 minutes by treading water using only the legs.
- Swim 50 yards using the front crawl, breaststroke or a combination of both.

Prerequisite 2:

Complete a timed event within 1 minute, 40 seconds:

- Starting in the water, swim 20 yards. (The face may be in or out of the water. Swim goggles are not allowed.)
- Surface dive (feet-first or head-first) to a depth of 7 – 10 feet to retrieve a 10-pound object.
- Return to the surface and swim 20 yards on the back to return to the starting point, holding the object at the surface with both hands and keeping the face out at or near the surface.
- Exit the water without using a ladder or steps