

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 certification will expire in 2024 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 from spring/summer 2022, you'll need to get re-certified with us 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. 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). For these classes, the lunch hour is also used for transportation. If you are excessively late, you will be asked to leave and must re-register for another class. 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 Mel at hr@gwinnett-pmg.com or call and speak with Mel or Caitlin at the office at (678)985-4030 (Option 1). Just tell us which class you would like to take, and we will add you to the class roster. 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 later in the summer. We ask that you remember to bring your CPR masks/ hip pack- you MUST have it for the skills test and will not be able to pass the class without it. If you have lost yours or would like a new one, you may purchase a new 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. Please try to register for a recert course on or before the date that your current certification expires. If your certification has been expired for more than 30 days, you may need to take a regular two-day certification class. Text/email Mel 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) (Saturday April 6th) @ SwimAtlanta Gwinnett Office

Recert Class 2 (Saturday April 27th) @ SwimAtlanta Gwinnett Office

Recert Class 3 (Saturday May 18th) @ SwimAtlanta Gwinnett Office

ReCert Class 4 (Thursday May 23rd) @ SwimAtlanta Gwinnett Office

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 or early May if possible- that way, you're ready to go before your current cert expires and the season begins!

Class Location:

SwimAtlanta Gwinnett Office- 4850 Sugarloaf Parkway, Suite 702 Lawrenceville, GA 30044

PLEASE NOTE: Additional classes may be added later due to demand. This document will be updated as we go. We highly recommend you take a class sometime in **April or early May** if your schedule allows- that way, you're already certified when the pools open! Please reach out to Mel if you would like more info.