

2024 American Red Cross: Blended Learning Lifeguarding Course Schedule and Guidelines

Overview: This class will certify you through the American Red Cross in Lifeguarding, Professional Rescuer CPR, AED, and First Aid. This certification is valid for two full years. Successful completion of the course requires **100% participation** in the online Blended Learning, in-person classroom and skill sessions, and successful performance in both skill and knowledge evaluations.

Blended Learning Course Model: At SwimAtlanta, we teach a version of the American Red Cross Lifeguarding course called the Blended Learning model. To reduce in-person classroom time to only two days, you must complete a portion of the class online *before* you attend in-person. PLEASE NOTE: The Red Cross Blended Learning is a Red Cross certification requirement. It is **NOT** the same thing as the ELOT (Enhanced Lifeguard Online Training), which is a SwimAtlanta requirement. They are different (:

Schedule/Location: This is a two day course that is scheduled from **8am-5pm both days**. There is a pool half and a classroom half, with a one-hour lunch break. For these classes, the lunch hour is also used for transportation. If you miss any class days or are excessively late, you must re-register for another class. You cannot mix and match days of different classes- you must attend both days of the same course (this is a Red Cross requirement). 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 view the schedule on page 3 of this document and tell us which class you would like to attend by emailing Mel at hr@gwinnett-pmg.com or calling and speaking with Mel/ Caitlin at the office at (678) 985-4030 (Option 1). You will receive a detailed email with all the specific class information (addresses, Blended Learning, what to bring, lunch info, etc.) **two weeks** before the start of class. Make sure to read that email *carefully* as it will be your key to success!

Payment and Refund Policy:

The cost of the lifeguard course is \$80. You may pay by cash, check (made out to SwimAtlanta Pool Management), or by **Venmo** (info at the course). If you decide that you would not like to continue with the class, you have until the end of the first day to make that decision and receive a full refund. If you attend both days of the class and do not pass the course, you will not be issued a refund. However, you can sign up for another class at no additional cost. Please contact Caitlin or Mel with specific concerns.

What's Included in the Class:

The required CPR resuscitation masks, hip packs, whistles, and a SwimAtlanta lifeguard t-shirt are all included as part of the course fee and do not need to be purchased separately.

Lifeguard Certification Course Pre-Requirements: To be completed before you come to class.

- You must be at least **15 years old** before the *last* day of the class in order to participate.
- **Completion of Online Blended Learning:** You must watch all videos and pass the final exam with a minimum grade of 80%. Please **forward the “congratulations” email** you received from the Red Cross when you passed the Blended Learning final exam to Mel **before** you attend the in-person session (staffing@atlanta-pmg.com) This counts as proof of completion of the BL.

→ Please note: Blended Learning takes **6+ hours**. It can be paused between modules, saved, and resumed later- you are NOT expected to finish it all in one sitting. Make sure to give yourself enough time to watch all videos and take the final exam before the class! You can retake the final exam if needed.

→ Please view pages 4-6 of this document for helpful tips and login info for the Blended Learning. We have included some very helpful screenshots and troubleshooting directions in case you get stuck!

Skill Pre-Requirements: These will be completed all together first thing on **DAY 1** of class.

- **300 Yard Swim:** You are required to swim 300 yards of freestyle or breaststroke (or a combination of the two) without stopping. This is 6 full laps in a regular length pool. Backstroke is not allowed. This is not a timed event- and it is *not* a race, so just keep swimming!
- **Brick Test:** For this test, you will start in the shallow end, swim out 20 yards (almost to the other side), perform a surface dive (we’ll teach you this!) to about 10ft deep, and retrieve a 10-pound weight from the bottom of the pool. Once you have the weight, you’ll return to the surface and swim back to your starting position. We’ll teach you the best way to retrieve and carry the weight. This objective is timed at 1 minute & 40 seconds.
- **Tread Water:** You must tread water without using your hands for 2 minutes. We do this pre-req as a group. You can either tuck your hands under your armpits or hold them above your head or switch between as you go, whatever is most comfortable.

2024 Lifeguard Class Schedule: All Classes 8am-5pm BOTH DAYS

Spring Break April Class 1 (Saturday April 6th & Sunday April 7th) @ **SwimAtlanta Gwinnett Office**

FREE CLASS!

April Class 2 (Saturday April 13th & Sunday April 14th) @ **SwimAtlanta Gwinnett Office** **FREE CLASS!**

April Class 3 (Saturday April 20th & Sunday April 21st) @ **SwimAtlanta Gwinnett Office**

April Class 4 (Saturday April 27th & Sunday April 28th) @ **SwimAtlanta Gwinnett Office**

May Class 1 (Saturday May 4th & Sunday May 5th) @ **SwimAtlanta Gwinnett Office**

May Class 2 (Saturday May 18th & Sunday May 19th) @ **SwimAtlanta Gwinnett Office**

May Class 3 (Thursday May 23rd & Friday May 24th) @ **SwimAtlanta Gwinnett Office**

June Class 1 (Saturday June 1st & Sunday June 2nd) @ **SwimAtlanta Gwinnett Office**

Additional classes may be added later due to demand. This document will be updated to reflect availability. We *highly recommend* you take one of the earlier classes in April or early May.

Class Location:

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

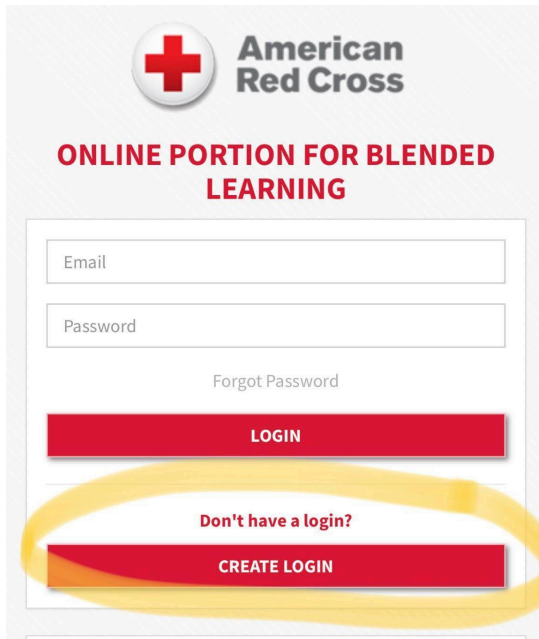
PLEASE NOTE: Additional classes may be added later due to demand. This document will be updated as we go. We highly recommend you take a class sometime in **April or early May** if your schedule allows- that way, you're already certified when the pools open! Please reach out to Mel if you would like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

Red Cross Blended Learning (BL) Help Pages

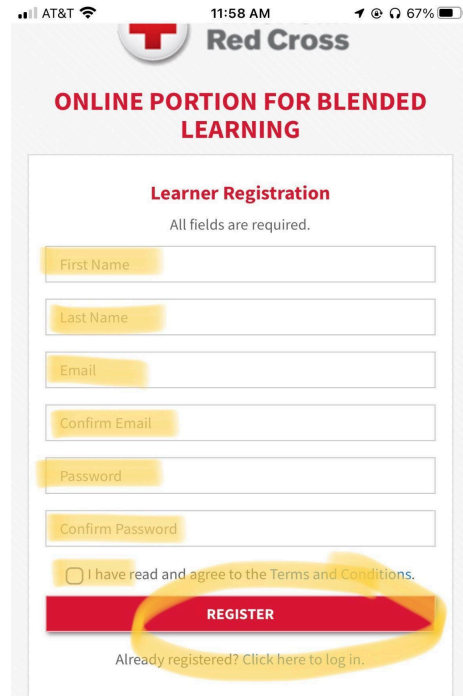
Follow the steps below once you receive the email link for the Blended Learning to get started!

We recommend that you complete the Blended Learning on a computer if possible to avoid errors with playing the videos and saving your progress.

1. Click the Blended Learning link in the informational email from SwimAtlanta that you receive about two weeks before your class starts. Click on “Create Login”.
2. Enter the required information in the “Learner Registration” fields then “Register”.
3. You’ll receive an email from “Red Cross Learning Center” with another link to take you directly to the screenshot #3. Then hit “Launch Course”.
4. Screenshot #4 will pop up in a new tab. Do NOT close the other Red Cross tab you logged in from. You will start at “Introduction”. The videos will play automatically as you go. There are questions embedded in the middle of and in between videos. Once a section is completed, the circled number underneath ① will turn into a ✓. Whenever you are on the “BL homepage” (screenshot #4), make sure to refresh your page occasionally to save your progress. If you refresh when in the middle of a video, it may delete your progress for that chapter. Contact Red Cross Support for help in this case.
5. If this error message shows up, turn off your computer/ browser pop-up blockers. You can also try using a different web browser. There are additional troubleshooting tips and helpful video/audio tips on the Launch Course page #3.
6. Please note: if you are done/taking a break and would like to close your tab, DO NOT close the entire window. Just close the particular tab the videos are playing from *after* you have gotten back to the “homepage” (screenshot #4) and refreshed/saved. If you close your entire window, it may delete your progress for that section. You will need to contact Red Cross Support in this case. Occasionally they can recover your completion data, but you will likely have to repeat a section if you do not close/exit properly.
7. When you have completed the final exam in the “conclusion” chapter, the Red Cross will automatically send you an email that says “Congratulations- you finished the Blended Learning!”. You’ll need to forward that email to Mel (hr@gwinnett-pmg.com) as we require proof of BL completion in order to submit your lifeguard certification at the end of the in-person course.

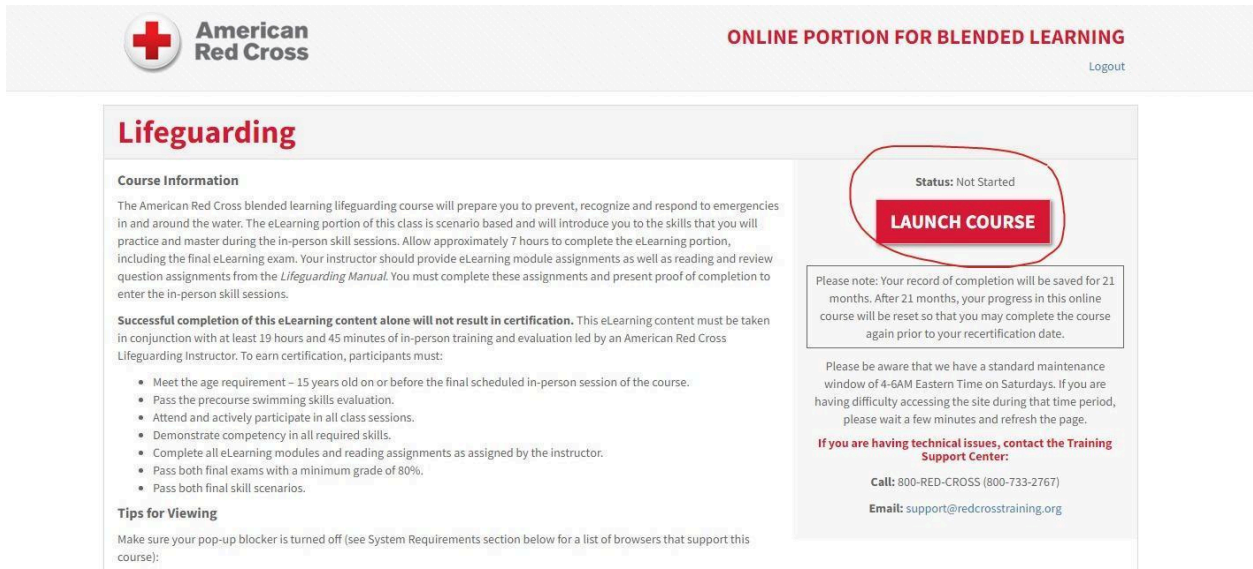


1. Please note: Your record of completion will be saved for 21 months. After 21 months, your progress in this online course



2. Please note: Your record of completion will be saved for 21

3.



American Red Cross ONLINE PORTION FOR BLENDED LEARNING [Logout](#)

Lifeguarding

Course Information

The American Red Cross blended learning lifeguarding course will prepare you to prevent, recognize and respond to emergencies in and around the water. The eLearning portion of this class is scenario based and will introduce you to the skills that you will practice and master during the in-person skill sessions. Allow approximately 7 hours to complete the eLearning portion, including the final eLearning exam. Your instructor should provide eLearning module assignments as well as reading and review question assignments from the *Lifeguarding Manual*. You must complete these assignments and present proof of completion to enter the in-person skill sessions.

Successful completion of this eLearning content alone will not result in certification. This eLearning content must be taken in conjunction with at least 19 hours and 45 minutes of in-person training and evaluation led by an American Red Cross Lifeguarding instructor. To earn certification, participants must:

- Meet the age requirement – 15 years old on or before the final scheduled in-person session of the course.
- Pass the precourse swimming skills evaluation.
- Attend and actively participate in all class sessions.
- Demonstrate competency in all required skills.
- Complete all eLearning modules and reading assignments as assigned by the instructor.
- Pass both final exams with a minimum grade of 80%.
- Pass both final skill scenarios.

Tips for Viewing

Make sure your pop-up blocker is turned off (see System Requirements section below for a list of browsers that support this course):

Status: Not Started

LAUNCH COURSE

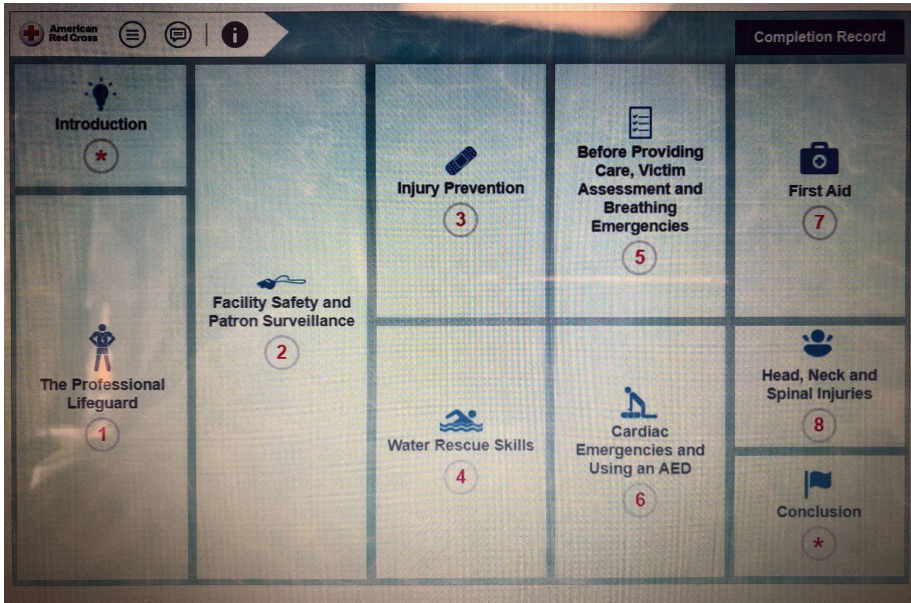
Please note: Your record of completion will be saved for 21 months. After 21 months, your progress in this online course will be reset so that you may complete the course again prior to your recertification date.

Please be aware that we have a standard maintenance window of 4-6AM Eastern Time on Saturdays. If you are having difficulty accessing the site during that time period, please wait a few minutes and refresh the page.

If you are having technical issues, contact the Training Support Center:

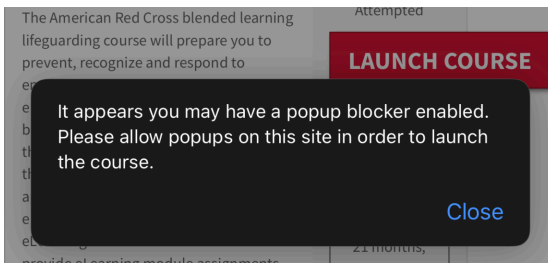
Call: 800-RED-CROSS (800-733-2767)
Email: support@redcrosstraining.org

Leave this tab open when it launches the BL in a new tab ^



4.

When you would like to take a break/close the videos, wait until you have completed whatever chapter you are working on and get back to this page. Make sure to let it load, hit refresh, let it load again, and then close this tab only, not your entire window. This will save your progress.



5.