



Camp Conquest
480 Forest Rd
Denver PA 17517
717-336-2541
Fax 717-336-2678
www.campconquest.org

Lifeguarding Class

Dear Lifeguarding Course Participant:

Thank you for your interest in the American Red Cross Lifeguarding course.

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services personnel take over.

To participate in the course, you must be at least **15 years old** and be able to pass a prerequisite skills evaluation that includes the following:

- 1. Swim 300 yards continuously using breaststroke and American crawl.**
- 2. Tread water for 2 minutes using only the legs.**
- 3. Swim 20 yards, retrieve a 10-pound brick from the bottom of the pool, return, exit pool in 1 minute, 40 seconds.**

We will begin the pretest at the beginning of the 1st class.

Here are a few things to note:

- Once registered, you will receive an email with info to log into online portion of the course.
- Please look over the book online prior to arrival.
- You will receive a copy of the book when you get to class.
- Be prepared with extra towels and wraps once you exit the pool. We will do our best to expedite the water training sessions.

If you have any questions, please call the office 717.336.2541 or email registrar@campconquest.org.