



Dear Lifeguarding candidate,

Thank you for enrolling in the American Red Cross Blended Lifeguarding course at the PWCS Aquatics Center. This letter will provide you with pertinent information regarding policies and procedures of the course. The dates and times for this course are as follows:

**Saturday, May 1<sup>st</sup> 1pm – 2pm (pre-test only)**

**Friday, May 7<sup>th</sup> 4pm – 8pm**

**Saturday, May 8<sup>th</sup> 9am – 5pm**

**Sunday, May 9<sup>th</sup> 9am – 5pm**

For this course, you should bring the following to each session (including the pre-test on **May 1<sup>st</sup>**):

- Proof of age
  - Driver's license
  - Birth certificate
  - County or state identification card
  - School ID (**only** if it has your birthday on it)
  - Passport
- Bathing suit and towel (two towels recommended)
- Proof of online session completion (needed on **May 7<sup>th</sup>** only; instructions below)
- Pen or pencil, highlighter, and paper
- Lunch and a light snack

The following skills test will be administered on **Saturday, May 1<sup>st</sup> at 1pm**. All candidates must perform these skills **before** they can continue with the course:

- Swim 300 yards continuously demonstrating rhythmic breathing. Candidates may swim using the front crawl, breaststroke, or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.

- Tread water for 2 minutes using only the legs.
- 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 may not be used.
  - Surface dive, feet-first or head-first, to a depth of 7 to 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 with both hands holding the object and keeping the face at or near the surface so they can get a breath. Candidates should not swim the distance under water. Exit the water without using a ladder or steps.

If a candidate cannot perform the pre-test skills, that candidate cannot continue with the course. **There are no exceptions to this rule.** The pre-test is designed to ensure the safety of both the participants and instructors. Please read the refund policy below:

**Registration for lifeguarding classes can be refunded in full or transferred to another class more than two weeks prior to the pre-test for the class. Students who withdraw or transfer to another class after this date or do not pass the pre-test will receive a refund minus a \$50 service fee.**

Please plan to complete **all lessons of the online training** at least two days prior to your first on-site skills session which is scheduled for **May 7<sup>th</sup>** (note: this is the first day of instruction for the course). **The online portion takes approximately SEVEN HOURS to complete; please plan accordingly.**

You will receive an email from the Red Cross with information for accessing the online portion.

If you need assistance accessing the online session, please contact the American Red Cross Training Support Center at 1-800-RED CROSS (1-800-733-2767).

Prior to the first on-site skill session, be sure to complete all lessons. After you complete the online lessons, please print a progress report from the Main Menu page of the online course. Bring this progress report to the first on-site skills session (**May 7<sup>th</sup>**) to verify completion of the online lessons.

Please let me know if you have questions or concerns.

Thank you,

Allen Dunn  
Aquatics Manager, PWCS Aquatics Center

Prince William County Public Schools

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