

Safety

First Aid & CPR for Adult, Child, and Infant #333111 A

(Ages 15 and up)

This class will train responders to act in emergency situations and to recognize and care for life-threatening respiratory or cardiac emergencies in adults, children, and infants. Provides the responder with the knowledge and skills necessary in an emergency to help sustain life and to minimize pain and the consequences of injury or sudden illness until professional medical help arrives. Certification Requirements: Attend and participate in all course sessions, demonstrate competency in all required skills, participate in all skill sessions, pass each section of the written exam with a score of 80 percent or better. Upon completion of the certification requirements the participants will receive an American Red Cross certificate in CPR for Adult, Child, Infant, valid for one year and First Aid valid for three years. Materials are available in Spanish – please indicate if those are needed when registering. Instructor will issue a schedule of which components taught on which days at the first class.

Age: 15 and up

Dates: March 27, 28 and 29

Time: 6-9 p.m.

Location: Grant Park

Fee: \$40 In District, \$45 Out of District



American Red Cross Basic Lifeguard Training Course #333111 B

Will train participants in critical life-saving skills. Payment for the class does not guarantee certification. Students must meet the following minimum requirements: Swim 500 yards (20 lengths) continuously using these strokes (in order); 200 yards (8 lengths) of front crawl, 100 yards (4 lengths) of breaststroke, 200 yards (8 lengths) of either front crawl or breaststroke; surface dive to a depth of 7-10 feet; retrieve a 10 lb object return to the surface and swim 20 yards back to the starting point.

Age: 15 years and older

Dates: March 6, 7, 8, 13, 14, 15, 20, 21 and 22

Time: 4-8 p.m.

Location: Mannheim Middle School
2600 Hyde Park, Franklin Park, IL; 847-455-4818

Fee: \$135 In District, \$185 Out of District

Pocket mask and book included

Lifeguard Challenge Course

#333111 C

A Lifeguard Challenge course is a test of the skills taught in the Lifeguard Training course. Students will demonstrate skills and take a written test to prove competency in the listed areas. No instructor assistance or materials will be provided with this course, students will need to bring materials and study in advance. This course is open to anyone currently certified or have successfully completed a Red Cross Lifeguarding or another acceptable lifeguarding course within the last four years. This course will also include challenge tests for CPR for the Professional Rescuer, as well as First Aid. Students will bring their own pocket mask to this course.

Prerequisites: Minimum age of 15.

Swim 300 yards continuously, using these strokes in the following order: 100 yards of front crawl using rhythmic breathing and stabilization, propellant kick. Rhythmic breathing can be performed either by breathing to the side or front. 100 yards of breaststroke, using a pull, breathe, kick, glide sequence. 100 yards of either front crawl using rhythmic breathing or breaststroke, or a combination. Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return to the surface, and swim 20 yards back to the starting point with object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

Certification: Complete the required prerequisite skills (listed above), pass the written examination with 80% or better in all 3 sections, successfully complete final 3 skills scenarios and demonstrate competency in the following skills - passive submerged victim - shallow water, multiple victim rescue, front and rear head hold escapes, glove removal, initial assessment, rescue breathing, using a bag-valve mask, conscious and unconscious airway obstruction, CPR/AED - Adult, Child, Infant, 2 Rescuer CPR, secondary assessment, controlling bleeding, splinting injuries, in-line stabilization techniques in water and on land, and using a backboard.

Age: 16 years and older

Dates: May 29

Time: Noon-4 p.m.

Location: Gouin Pool

Fee: \$85 In District, \$95 Out of District

Pocket mask and book included

Shallow Water Attendant Training Course #333111 D

Will teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies in shallow water up to 4 feet deep. The course content and activities prepare