

American Red Cross

Lifeguard Blended Learning Certification Course & Recertification Courses



NEW CERTIFICATIONS

This part of the course will certify participants in American Red Cross Lifeguarding, CPR/AED and first aid, that have never been certified before. In addition to the in-person meeting dates below, participants will need to complete online course work prior to our first meeting date. Additionally, there will be pre-requisite testing on day 1.

RE-CERTIFICATIONS

This part of the course is for participants who hold a current (up-to-date) American Red Cross certification in lifeguarding, CPR/AED and lifeguarding and are looking to recertify due to expiration. There are two recertification options: full recertification which includes lifeguarding, CPR/AED and first aid OR just CPR/AED. There is NO ONLINE content to be completed or pre-requisite testing.

WHEN:

- Wednesday - April 20
→ 8AM - 12 PM
- Thursday - April 21
→ 8:30 AM - 12 PM
- Friday - April 22
→ 9 AM - 11:30 AM
→ Later end time if needed*

WHEN: (lifeguarding/cpr/aed/first aid)

- Wednesday - April 20
→ 9AM - 12 PM
- Thursday - April 21
→ 8:30 AM - 12 PM
- Friday - April 22
→ 9 - 11:30 AM

WHEN: (CPR/AED)

- Friday - April 22
→ 9 - 11:30 AM

COST:

\$450.00 - cash or check
includes CPR face mask

COST:

\$250.00 - cash or check

COST:

\$110.00 - cash or check

checks made to: Connetquot Masters

WHERE:

Connetquot High School
190 7th Street
Bohemia, NY 11716

To Register → [CLICK HERE :\)](#)

Online Content for new certifications
(DUE BY APRIL 19 2022):

<https://www.redcrosslearning.com/course/73031950-15c1-11e7-b4e0-51657ecd06af>
(Click this link!)

You must create a login (see page 2)

PREREQUISITE SKILLS ASSESSMENT:

- Minimum age of 15.
- Swim 300 yards (12 laps) continuously demonstrating breath control and rhythmic breathing. You 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. You should place your hands under your armpits.
- Complete a timed event within 1 minute, 40 seconds.
 1. Starting in the water, swim 20 yards. Your face may be in or out of the water. Swim goggles are not allowed.
 2. Dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
 3. Return to the surface and swim 20 yards on your back to return to the starting point with both hands holding the object while keeping your face at or near the surface so you are able to get a breath.

Creating a Log-In for Online Portion

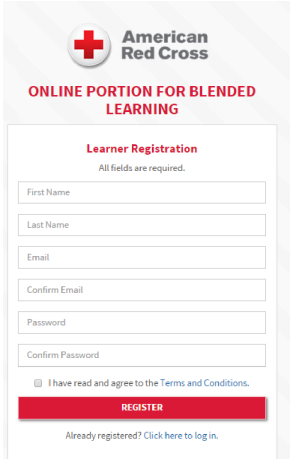
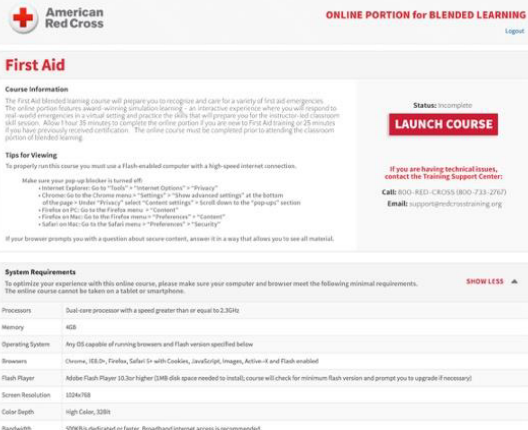
Online Portion: DUE APRIL 19th, 2022

IMPORTANT! You must complete the online portion of this course prior to attending your in-person skills session, and provide proof of completion to your instructor. You can do so in one of the following ways:

- Print out your online course completion record from the course and show it to your instructor – it will read “Proceed to Skill Session”
- Show the email confirmation you received upon completing the online to your instructor (i.e. show on mobile phone or other device or via printed copy)
- Login to your account and show the instructor the completion status that appeared above the “Launch Course” button after you completed the online portion

You can access the online portion using the following link, where you will be asked to create an account:

<https://www.redcrosslearning.com/course/73031950-15c1-11e7-b4e0-51657ecd06af>

CREATING LOG-IN:	
	First-time users • First-time users will fill in the registration information needed to create a login and select the “Register” button • Required information to enter includes: - o First Name Last Name - o Email (entered twice; if emails don’t match, users will get an error notification) - o Password (entered twice; if passwords don’t match, users will get an error notification) - o User will be required to check “I have read and agree to the Terms & Conditions” • After selecting “login,” the student will automatically be taken to the launch course screen (See Launch Screen section below). • The user will also receive an email confirming their account creation.
	• Default state of this page displays course description, tips for properly running the course, completion status (“Not Started” by default, changes to “Complete” once completed) • Expanded view displays full list of system requirements • Upon selecting Launch Course, the specific course tied to the link will launch in a separate window (see next screen) • Should the student close the course and return at a later time, they should use the original link provided by the client to return to the course. Progress will resume from where the student left off.
	<i>Visual of the Lifeguarding course launching in separate window</i>