

Blended American Red Cross Lifeguarding Learning Course has three parts:

MWR Dahlgren host Blended Learning Lifeguard Courses. Our classes are sectioned into 3 sections; Prerequisite Swimming Skills, Online (eLearning) Course, and In-Person Course.

1. **Prerequisite Swimming Skills:** Individuals must be able to complete the 2 prerequisite swimming skills. These 2 skills are to ensure that those who are taking the course will be able to physically be able to complete the skills that will be asked of them in class.

a) Prerequisite 1: Complete a swim-tread-swim sequence without stopping to rest:

- Jump into the water and totally submerge, resurface then swim 150 yards using the front crawl, breaststroke or a combination of both. (Swimming on the back or side is not permitted. Swim goggles is allowed)
- Maintain position at the surface of the water for 2 minutes by treading water using only the legs (hand will be placed under the armpits or wrist-up out of the water)
- Swim 50 yards using the front crawl, breaststroke or a combination of both

b) Prerequisite 2: 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 are not allowed).
- Surface dive (feet-first or head-first) to a depth of 7 – 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, holding the object at the surface with both hands and keeping the face out at or near the surface.
- Exit the water without using a ladder or steps.

2. **Online (eLearning) Course:** The online session for the Lifeguarding course is comprised of 16 modules.

Coursework takes approximately 6 hours to complete all modules of the online session. Each individual module takes approximately 15 – 30 minutes to complete.

- All 16 modules are expected to be completed before the first day of the in-person course.

3. **In-Person Course:** During the in-person participants must –

- Attend the entire course and participate in all class sessions.
- Actively participate in all course activities, including assuming various roles during skill practices, skill drills, activities and scenarios.
- Demonstrate proficiency in all skills.
- Pass the final written exam with a minimum grade of 80 percent.
- Pass the three (3) final skill assessments which include:
 - Timed Response
 - Rotation and Scanning
 - Final Team Response Testing Scenario.