

Greetings Future Lifeguards!

As part of our safety and management at Redwood Adventure Camp you are required to be a certified lifeguard. We offer this course free to our employees (which is a \$150 minimum value). After completing this course you will be certified in the following: Lifeguarding, CPR/AED for the Professional Rescuer & First Aid.

To complete this course you must pass a pre-course swim that will include the following:

- Swim 300 yards continuously, using these strokes in the following order:
 - 100 yds of front crawl using rhythmic breathing and a stabilizing, propellant kick.
 - 100 yds of breaststroke using a pull, breath, kick and glide sequence.
 - 100 yds of either front crawl or breaststroke. The 100 yds may be a combination of both (if desired).
- Starting in the water, swim 20yds using either stroke, surface dive 7-10ft, retrieve a 10lb object, return to the surface, swim back to starting point with the object and exit the water without steps or ladder (within 1 min 40 sec).

This evaluation will happen on the **first day of the course and you must pass to continue on in the class**. If you are worried about your swimming abilities and/or your ability to complete the prerequisite please contact me as soon as possible. We will talk it over and see what we can work out.

WHAT TO WEAR: Girls must wear sport/racing style suits NO BIKINIS! Men must wear shorts that stay on their waist and are not longer than the knees. This class is very hands on and there is lots of physical contact. Skimpy bathing suits or baggy shorts are not safe or acceptable. “Rash guards” or surf shirts are encouraged to protect you from sunburn. Other shirts are not allowed in the pool.

WHAT TO BRING: Suit, towel, deck shoes or flip flops, **sunscreen**, water bottle, pen/pencil and paper (for notes), clothes to cover up in between in-water modules, sun hat, goggles (optional). NOTE: There will be portions of the class where you must open your eyes underwater and you may not always be allowed goggles. If you wear contacts please bring appropriate gear to take them out (or back up pairs if they fall out).

FOOD: Redwood Adventure Camp will be providing lunch and snacks on all 4 days of training. There may be one class day that will go past dinner time. You will be advised the day before if we will be running a late class so you may bring food with you. There is not food on site, nor will there be time to leave and buy some. I highly recommend eating a healthy (AND NOT HEAVY) breakfast...Country skillet don't do well when you are 150 yards into your swim! ;)

This course is very intensive and extremely strenuous. I would encourage all of you to spend some time in the pool before the start date of training. And, again, if you are concerned with how you will fare in the class, please call me as soon as possible.

Although this class is hard, it is an opportunity to begin getting to know your fellow counselors. It is also a wonderful time to stretch yourself and see your potential. Don't hesitate to contact me if you have any questions. I look forward to meeting you all!

Cheers,
Christy Righetti, Aquatics Training Instructor
Redwood Adventure Camp
707-703-9171

LOCATION:

Pool:

Ursuline High School Pool @ Cardinal Newman High School
90 Ursuline Rd
Santa Rosa, CA 95403

2017 SCHEDULE:

Saturday 24:	8:00am-6:00pm	Be suited and sunscreensed up at 8:00am
Sunday 25:	8:00am-6:00pm	
Monday 26:	8:00am-6:00pm	
Tuesday 27:	8:00am-6:00pm	

Regarding Schedules:

We have limited time that is scheduled at the pool (and groups that will be arriving after us). Please arrive promptly, in your suit, ready to get wet. You must attend both class and pool portions to complete your certifications. If you have a scheduling issue please call me BEFORE THE START OF OUR TRAINING!