

Lifeguard Trainings

Contact Natalie 281-385-6668



Red Cross Lifeguarding with Standard First Aid and CPR- for the Lifeguard with AED and Oxygen Administration Training will teach you to:

- Give first aid for a variety of injuries, such as burns, wounds, head, neck and back injuries, and heat and cold-related emergencies
- Manage sudden illnesses, stroke, seizure, bites and poisoning
- Enter the water safely and rescue a distressed swimmer
- Care for conscious and unconscious choking victims
- Perform CPR for the Lifeguard
- Use an automated external defibrillator (AED) on a victim of sudden cardiac arrest
- Administer Emergency Oxygen

Cost:

\$225 includes Lifeguard manual, and resuscitation mask.

Sessions:

Session 1 Feb 23rd-26th

Prerequisites:

- Minimum age of 15.
- Swim 300 yards continuously.
- Starting in the water, swim 20 yards using front crawl, surface dive 7-10 feet, retrieve a 10 pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using the ladder or steps, within 1 minute, 40 seconds.
- Tread water for 2 min without using arms