



PATTULLO SWIM CENTER

LIFEGUARD CLASS

Group Assessment*:

January 12, 1-4 PM

**986 Hilby Avenue*

Water Assessment:

January 17, 7-8 PM



Classes: 8 AM - 5 PM

Saturday, January 19

Sunday, January 20

Saturday, January 26

Sunday, January 27

1148 WHEELER STREET, SEASIDE

Attendance of all assessments and classes
are required for the Certification Program.

\$135 Residents • \$150 Non-Residents

To register contact [Katie knunez@ci.seaside.ca.us](mailto:katie.knunez@ci.seaside.ca.us) or 831-899-6819.

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Lifeguard Assessment Center

CITY OF SEASIDE + AMERICAN RED CROSS

The City of Seaside is looking for energetic and positive people to join our lifeguard team! If this sounds like you, sign up to attend our assessment center! Qualified candidates who complete the assessments successfully will be invited to attend the Red Cross Lifeguard Certification Program.

Upon completion of the Red Cross Lifeguard Certification Program, a background check, and a tuberculosis test, candidates may be eligible to work for the City of Seaside's Pattullo Swim Center. Scholarships are available for participants of B.J. Dolan Youth Education and Resource Center.

The purpose of the American Red Cross Lifeguard course is to teach individuals the skills needed to help prevent and respond to aquatic emergencies. This includes land and water rescues skills plus **First-Aid/CRP/AED in Title 22**. The purpose of the American Red Cross First Aid for Public Safety Personnel (FAPSP) course is to provide the participant with the knowledge and skills necessary to meet the first aid training requirements for lifeguards, fire fighters, and peace officers as defined in Title 22 of the California Code of Regulations. The responsibility for preparing for the final written exam and practical skills exam are shared by the instructor and the participant.

COURSE PREREQUISITES:

- 300 yard swim demonstrating breath control and rhythmic breathing. May use front crawl, breaststroke or combination of both
- Tread water for 2 minutes using only legs. Hands should be placed under armpits
- Complete the following timed event: Starting in water, swim 20 yards (no goggles), surface dive to retrieve 10 pound brick, return to surface and swim 20 yards on back to starting point with both hands holding brick and keeping the face at or near the surface. Exit water without using ladder or steps. Must be completed in 1 minutes and 40 seconds

COURSE INFORMATION:

- Participants must attend all class sessions. There will be no exceptions to this requirement.
- Be sure to bring your: Pocket mask/Whistle with lanyard/Fanny pack/swim suit with towel each day. Bring water and a snack.
- CPR/AED practical and written exams will be at the completion of instruction, unless otherwise discussed and determined by class participates and instructor for an earlier date
- Lifeguard practical and written exam will be on Sunday, March 18th unless otherwise discussed and determined by class participates and instructor for an earlier date
- Each participate will be signed out a Red Cross Lifeguard manual along with fanny pack/whistle and lanyard and a pocket mask for the participate to keep.
- Certificate valid for 2 years



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