

# Lifeguarding Certification



## Welcome Packet

Thank you for enrolling in the Lifeguarding course hosted by Spindlebeak Safety School! Our goal is to elevate safety to make aquatics accessible to people of all ages and ability levels. As a lifeguard, you will provide a safe environment, which welcomes more people to the world of aquatics. Completing this certification is a valuable first step in helping to create that access.

We look forward to seeing you for the course -- **there are some important things you will need to know.**

**Contact:** Spindlebeak, LLC  
Samantha Barham, American Red Cross Lifeguarding Instructor  
757-615-0953  
[teamspindlebeak@gmail.com](mailto:teamspindlebeak@gmail.com)  
[www.spindlebeakusa.com](http://www.spindlebeakusa.com)

**Class Locations:** Great Bridge Swim & Racquet Club  
1200 Back Road  
Chesapeake, VA 23320

Chesapeake Golf Club  
1201 Club House Drive  
Chesapeake, VA 23322

**If you choose to hold a class at your own facility, please contact Spindlebeak to make arrangements.**

*An email reminder will be sent to the registration email address the day before the class. If you are uncertain about which session you are signed up to attend, please email [teamspindlebeak@gmail.com](mailto:teamspindlebeak@gmail.com) or call 757-615-0953.*

*Occasionally, the schedule may change slightly, but only if ALL students in the class agree to the changes. Also, depending on class size and how well students practice their skills, class may end before the published end time for the day. In these cases, students will be able to call for a ride prior to the end of class.*



The purpose of the Spindlebeak Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies. You will learn to provide care for breathing and cardiac emergencies, injuries and sudden illnesses. You will also be introduced to Spindlebeak's core values – Teamwork, Motivation, Work Ethic, Honesty, and Cleanliness – all while testing for an American Red Cross certification in Lifeguarding, CPR & AED for the Professional Rescuer, First Aid, with included opportunity for certification in Administering Emergency Oxygen, and Bloodborne Pathogens.

On the first day of class, you will be tested on the pre-requisites, called **Guard Ready**.

### There you will:

1. Show proof of age: you need to be 15 by the last scheduled day of your class.
2. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. You may swim using the front crawl, breaststroke or a combination of both. Swimming on the back or side is not allowed. This is the only portion of the class where swim goggles are allowed.
3. Complete a timed event within 1 minute, 40 seconds.
  - Starting in the water, swim 20 yards with your face out of the water. Goggles not allowed.
  - Surface dive, feet-first or head-first, to a depth greater than 7 feet to retrieve a 10-pound dive brick.
  - Return to the surface and swim 20 yards on your back to the starting point with ***both hands holding the brick***, keeping your face at or near the surface so you are able to get a breath. You should not swim the distance under water. Candidates must exit the water without using a ladder or steps.
4. Tread water for 2 minutes using only the legs. You should place your hands under your armpits or behind your back.

Guard Ready provides coaching to help you successfully complete the pre-requisites for the class, plus any help you need with Blended Learning (see below). Strong swimming ability is the foundation of every lifeguard's ability to save the people they protect on a daily basis.

## **LIFEGUARDING BLENDED LEARNING**

Blended learning combines online learning with in-person skills sessions where you will practice skills and demonstrate competency. Please plan to complete all eLearning modules, including the CPR/AED for Professional Rescuers and First Aid final eLearning exam, ***at least two days*** prior to your first in-person skills session. Most participants complete the eLearning portion of the course in approximately 7 hours. Your experience may vary widely based on several factors including your PC, internet speed and previous training. I recommend beginning the online session as soon as possible to ensure that you are able to complete all eLearning modules prior to the first in-person skill session.





Directions on how to access eLearning will be sent to your registration email address.

Print or take a screen shot of your online course completion record available at the conclusion of the eLearning course and bring it to the first in-person skill session. It will read “Proceed to Skill Session”.

Please be prepared to show that you completed the eLearning content using one of the following methods.

1. Print or take a screen shot of your online course completion record available at the conclusion of the eLearning course and bring it to the first in-person skill session. It will read “Proceed to Skill Session”.
2. Be prepared to login to the eLearning course on the first in-person skill session to display the completion status that appears above the “Launch Course” button.
3. Email copies a copy of the completion record to [teamspindlebeak@gmail.com](mailto:teamspindlebeak@gmail.com).

You may not begin the class without this work done, but *we are here to help*. [teamspindlebeak@gmail.com](mailto:teamspindlebeak@gmail.com)  
Do not let online learning be a barrier - we can assist in multiple ways.

### **Other notes:**

Bring a swimsuit and towel for every class session.

As an added precaution, it is suggested that students who use contact lenses plan accordingly. Goggles are permitted for the 300 yard swim only. Goggles may not be used for any other in-water portion of the course.

Students will be going back and forth between classroom and pool environments and are encouraged to bring 2 towels and warm clothes to change into. Students will also be allowed to eat and drink during class and there will also be appropriate breaks. Please bring food to eat. Students under the age of 18 cannot be permitted to leave the facility due to safety concerns.

Spindlebeak will require that a signed waiver be completed and returned to the instructor prior to the start of the course. This waiver document is on the next page of this welcome packet. You may also receive a paper copy of this on the first day. Please arrive with enough time to fill out this short form prior to the start time. If you are under 18 years of age, a legal guardian will need to come in with you to complete the paperwork. Incomplete paperwork will delay your start date and may need to be moved to another session.

There are some fees that may be applicable if a student needs to cancel their enrollment, switch to another class or is unable to pass Guard Ready. For more details about these fees, please visit our frequently asked webpage at [www.spindlebeakusa.com/certificationcourses.com](http://www.spindlebeakusa.com/certificationcourses.com). A description of these fees is also included in the second section of the waiver.

To successfully complete and receive an American Red Cross certification, students must complete the following:

- Attend all of the scheduled course sessions
- Participate in all skill sessions/drills, activities and scenarios
- Demonstrate competency in all required skills and scenarios





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- Pass the final written exams with a minimum grade of 80 percent on each section  
*The practice sessions will require some strenuous physical activity.* You are encouraged to check with your healthcare professional before participating in the practice sessions, if you have any concerns about being able to complete the required skills. If a medical condition or disability exists that might require adaptation for participation in the activities, or there are questions about fully participating in the Lifeguarding course, please contact Spindlebeak to discuss this before the course begins.  
This may also be discussed with your instructor at the beginning of the first day. Upon successful completion of the course, you will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years. These certifications will be sent electronically to the student's email provided on the first day of the course. These can be printed or emailed to prospective employers at your convenience. Hard copy certificates are available upon request at a fee of \$10 per card.

If you have further questions, please feel free contact Samantha Barham directly at (757) 615-0953 or you can email [teamspindlebeak@gmail.com](mailto:teamspindlebeak@gmail.com)

Good Luck!

***Spindlebeak, LLC***

*Authorized Provider for the American Red Cross*

Attachments:

Health Precautions and Guidelines During Training  
Spindlebeak Safety School Waiver and Photo Release

## Spindlebeak Safety School Waiver, Policies, and Photo Release

### **Waiver – Please Read & Sign**

I hereby recognize and acknowledge that my or my child's participation in recreational activities may involve bodily and/or emotional injury to myself and/or my child. In consideration of myself and my child being able to participate in such events, I, for myself, child(ren), heirs, executors and administrators, hereby voluntarily and knowingly indemnify and hold harmless, defend, release, waive, and discharge Spindlebeak, LLC, the facility being used, and its officers, employees and volunteers from any and all suits, claims or liability, including negligence. I therefore agree to pay for all medical, hospitalization or any other expenses resulting from my or my child's participation. I hereby authorize Spindlebeak, LLC and the facility staff to act on my behalf in accordance with their best judgment in case of an emergency involving me or my child(ren), and agree to assume full responsibility for all expenses, medical or otherwise, that may arise there from.

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**Signature**

*(Parent/Guardian if participant is under 18)*

**Printed Name**

**Date**





## Safety School Policies - *Please Read & Sign*

I hereby recognize and acknowledge the policies below regarding me or my child(ren)'s registration with Spindlebeak, LLC.

- This document is due to the course instructor on or before the first scheduled day of each course.
- Payment is due in full at the time of registration to reserve a space on the course roster.
- Any withdrawal/ cancellation of course registration must occur no less than 10 calendar days prior to the start of the course. Changes or Cancellations occurring within 10 days will not be refunded.
- Any change in registration for the course session (switching classes) must occur no less than 10 calendar days prior to the start of the course.
- Any loaner textbooks that are not returned on the final day of the course must be replaced at a cost of \$40.00. You will not receive your certification without returning the book or paying the fee.

All fees are at the discretion of Spindlebeak's Safety School Director, Samantha Barham. Any disputes of fees should be directed to Ms. Barham's attention at [teamspindlebeak@gmail.com](mailto:teamspindlebeak@gmail.com)

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**Signature**

**Printed Name**

**Date**

*(Parent/Guardian if participant is under 18)*

## Photography Release - *Please Read & Sign*

I hereby irrevocable consent to and authorize the use and reproduction by Spindlebeak, LLC or anyone authorized by Spindlebeak, LLC of any and all photographs and videos which might be or have been taken of my child during the program for any purpose whatsoever without compensation to me for future promotional purposes.


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**Signature**

**Printed Name**

**Date**

*(Parent/Guardian if participant is under 18)*



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## Health Precautions and Guidelines During Training

The American Red Cross has trained millions of people in first aid and cardiopulmonary resuscitation (CPR) using manikins as training aids. The Red Cross follows widely accepted guidelines for cleaning and decontaminating training manikins. **If these guidelines are adhered to, the risk of any kind of disease transmission during training is extremely low.**

To help minimize the risk of disease transmission, you should follow some basic health precautions and guidelines while participating in training. You should take precautions if you have a condition that would increase your risk or other participants' risk of exposure to infections. Request a separate training manikin if you—

- Have an acute condition, such as a cold, a sore throat or cuts or sores on the hands or around your mouth.
- Know you are seropositive (have had a positive blood test) for hepatitis B surface antigen (HBsAg), indicating that you are currently infected with the hepatitis B virus.\*
- Know you have a chronic infection indicated by long-term seropositivity (longterm positive blood tests) for the hepatitis B surface antigen (HBsAg)\* or a positive blood test for anti-human immunodeficiency virus (HIV) (that is, a positive test for antibodies to HIV, the virus that causes many severe infections including acquired immunodeficiency syndrome [AIDS]).
- Have had a positive blood test for hepatitis C.
- Have a condition that makes you unusually likely to get an infection.

To obtain information about testing for individual health status, visit the CDC Web site at [www.cdc.gov/ncidod/diseases/hepatitis/c/faq.htm](http://www.cdc.gov/ncidod/diseases/hepatitis/c/faq.htm).

After a person has had an acute hepatitis B infection, he or she will no longer test positive for the surface antigen but will test positive for the hepatitis B antibody (anti-HBs). Persons who have been vaccinated for hepatitis B will also test positive for the hepatitis antibody. A positive test for the hepatitis B antibody (anti-HBs) should not be confused with a positive test for the hepatitis B surface antigen (HBsAg).

**If you decide you should have your own manikin, ask your instructor if he or she can provide one for you to use.** You will not be asked to explain why in your request. The manikin will not be used by anyone else until it has been cleaned according to the recommended end-of-class decontamination procedures. Because the number of manikins available for class use is limited, the more advance notice you give, the more likely it is that you can be provided a separate manikin.

### GUIDELINES

In addition to taking the precautions regarding manikins, you can further protect yourself and other participants from infection by following these guidelines:

- Wash your hands thoroughly before participating in class activities.
- Do not eat, drink, use tobacco products or chew gum during class.
- Clean the manikin properly before use.
  - For some manikins, this means vigorously wiping the manikin's face and the inside of its mouth with a clean gauze pad soaked with either a fresh solution of liquid chlorine bleach and water ( $\frac{1}{4}$  cup sodium hypochlorite per gallon of tap water) or rubbing alcohol. The surfaces should remain wet for at least 1 minute before they are wiped dry with a second piece of clean, absorbent material.





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- For other manikins, it means changing the manikin's face. Your instructor will provide you with instructions for cleaning the type of manikin used in your class.
  - Follow the guidelines from your instructor when practicing skills such as clearing a blocked airway with your finger.

#### PHYSICAL STRESS AND INJURY

Successful course completion requires full participation in classroom and skill sessions, as well as successful performance in skill and knowledge evaluations. You will be participating in strenuous activities, such as performing CPR on the floor. If you have a medical condition or disability that will prevent you from taking part in the skills practice sessions, please let your instructor know so that accommodations can be made. If you are unable to participate fully in the course, you may "audit" the course and participate as much as you can or desire. To audit a course, you must let the instructor know before the training begins. You will *not* be eligible to receive a course completion certificate.

*\*A person with a hepatitis B infection will test positive for the HBsAg. Most people infected with hepatitis B will get better within a period of time. However, in some people hepatitis B infections will become chronic and will linger for much longer. These people will continue to test positive for HBsAg. Their decision to participate in CPR training should be guided by their physician. After a person has had an acute hepatitis B infection, he or she will no longer test positive for the surface antigen but will test positive for the hepatitis B antibody (anti-HBs). People who have been vaccinated for hepatitis B will also test for HBsAg. test positive for the hepatitis antibody. A positive test for anti-HBs should not be confused with a positive test for HBsAg.*

