

## **Greendale High School / American Red Cross Lifeguarding Requirements**

I. All Lifeguarding students are required to change into a swimsuit, which complies with safety, modesty, and sanitation standards established by the state and the Red Cross. Students not changed into the required uniform will not be permitted to participate in any Lifeguarding class, resulting in the lowering of the grade, removal from the class or non-certification.

**Swim Suit** – All lifeguarding students are required to change for in-water sessions of the class. A modest one-piece suit designed for vigorous activity is required. This is the lifeguard's professional uniform so these standards will be strictly enforced. For safety reasons, no additional clothing, such as T-shirts will be allowed in the water. Swim goggles will not be allowed as lifeguards are not permitted to wear them while on duty and caps are optional for students.

II. A soap shower is recommended for the end of each in-water session and is required at the beginning of all in-water sessions. Students must provide their own soap and towels for showering. It is recommended that students carry a plastic bag so they can easily transport their swimsuit and towel following in-water sessions.

III. Injuries or illnesses, which occur in any Lifeguarding class, should be reported immediately to the teacher in charge.

IV. Students that are absent must make arrangements with the instructor within 2 class sessions to make-up any work or perform any skills that they missed to stay current with the class curriculum. Make-up sessions will be scheduled at the instructor's convenience. In case of injury/illness necessitating an excuse for a maximum of **3 days** from Lifeguarding, a written statement from a parent is required. An injury/illness lasting **4 days or more** will require an excuse from a **DOCTOR**. The medical statement should state the nature of the medical limitations, and the length of time the student is to be excused. Failure to do so will result in the student being dropped from the class or non-certified. Releases which extend beyond **one-week** will require dropping the course and enrolling at a later semester.

V. Lifeguarding students, in compliance with school rules, must be in the classroom or work area before passing bell. If it is an in-water session students must be in the locker room by the passing bell. Students must also be in the pool area before the 5-minute dressing bell rings. Lateness for either will constitute a tardy and will be handled following school policies. **A tardy will be a 2 point grade deduction and make-ups will be scheduled at the teacher's convenience. Multiple tardies will result in non-certification. Students will be treated as professionals and it is their duty to arrive at work on-time.** Students must remain in the work area until the dismissal bell rings.

VI. Each student will be issued a locker. The combination to that locker will be kept confidential. Only the student and the instructor will have access to that combination. No lockers should be shared, nor should any student give their combination to another student. It is the student's responsibility to lock all valuables and belongings in their lockers at all times. No student is to be in the locker room after the dressing bell without teacher supervision. The best theft prevention is a **Locked Locker**.

VII. Each student is required to participate in Lifeguarding activities each day. Lack of a swimsuit for in-water sessions will result as described below.

**NON-DRESS POLICY:** 1<sup>st</sup> non-dress – grade is lowered, must make-up lessons

2<sup>nd</sup> non-dress – grade is lowered, non-certification of student

3<sup>rd</sup> non-dress – dropped from the course

VIII. The grade is made up of the following content areas and percentages for Greendale High Schools grading policy. American Red Cross Policy is pass/fail.

1. **Knowledge (40%)** - a written exam will follow the two main content areas and one of the tests will be taken on-line. Percentiles for the tests will be included in the GHS grade. 80% is required to the Red Cross standard. Students not passing 80% will be given one make-up at the end of the semester. If a student does not pass 80% the second time they cannot be certified. Students are allowed to have the test read to them, however they cannot use any study materials of any kind while taking the exam. Class assignments are also included in this category.

2. **Skill (40%)** - Students must pass all skill tests to become certifiable. Students must perform all skills/scenarios to the protocols of the American RedCross.

3. **Participation (20%)** - proper attire, being on time, high level of effort, positive attitude and behavior, Professionalism. Participation in class activities. **Deductions: non-dress, late assignments, unexcused absences, unprofessional behavior or work ethic.**

**Note: Students may pass the class within the GHS standards but Lifeguard certification is administered with Red Cross Standards. Students must pass all written exams (80%) and all skill/scenario tests to earn certification. If the instructor feels that a student does not meet the professionalism of a Red Cross Lifeguard, they do not have to certify based on liability concerns.**

**\*\*\*If the instructor does not have the trust that they would feel confident in the care provided by the student they will not certify the student\*\*\***

**Units:**

1. CPR / AED for the Professional Rescuer

2. Lifeguarding

**Exam:**

1. Retake Exams

2. Final Skill Scenarios

3. Student Reflection

and EAP.

Please sign after having read and understood the Lifeguarding requirements.

PARENT/GUARDIAN: \_\_\_\_\_ DATE: \_\_\_\_\_

STUDENT: \_\_\_\_\_ DATE: \_\_\_\_\_