



Red Cross Lifeguarding Certification

Session 1: 3/12, 3/19, 3/26, 4/2

Time: 3:00pm-7:30pm

Session 2: 4/15-4/17

Time: 12:00pm-6:00pm

Location for all sessions: McDermott Pool

Cost: (Cash or Check)

\$75 Committed to work for city of Warwick

\$150 City of Warwick Resident

\$225 Non-Resident

Summary:

Provides entry-level participants the knowledge and skills to prevent recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies and sudden illnesses until EMS personnel take over.

Prerequisites:

Minimum age: 15 years old; Swim 300 yards continuously with a forward facing stroke; tread water with legs only for 2 minutes; complete a timed event of retrieving a brick from deep water and swimming it 20 yards on your back to the edge of the pool and exiting the water without using the ladder or stairs in 1 minute 40 seconds.

Prerequisites are administered prior to the course. Must set-up a time and date via email greg.hindle@warwickri.gov , (401) 921-9627

If a participant passes the above course and wishes to work at a beach, pond or lake they must take a separate test administered by the State of Rhode Island. This certification is required to take the State Test. Test dates can be found on the

<https://riparks.ri.gov/activities-programs/state-lifeguard-certifications>