

YMCA of Honolulu 2012 Lifeguard Course Schedule

Updated 1/24/2012

Month	Dates & Times	Fee	Location	Instructors
January	January 20, 21, 22, 23, 26 & 27 Weekends: 8a-5p Weekdays: 5:30p-10p	\$175	Nuuanu Branch	Troy Tomita Omar Zaldana
March	March 26, 27, 29 & 30 Everyday: 8a-5p	\$175	Nuuanu Branch	Omar Zaldana Jenny Nelson
May	TBA	\$175	Mililani Branch	Stacey Porter Jenny Nelson
June	June 5, 6, 7, 10, 12, 13, 14, 20 & 21 Sunday 2pm-6pm Tues, Wed, Thurs 6pm-10pm	\$175	Kaimuki Branch	Debbie Victor Randall Hong
July	TBA	\$175	Windward Branch	Randall Hong Debbie Victor
August	August 28, 30, September 1, 4, 6, 8, 11 & 13 Weekdays: 6p- 10p Weekends: 12p-4p	\$175	Central Branch	Kilo Moa Troy Tomita
October	October 13, 16, 17, 18, 23, 24 & 25 Saturday: 8a-5p Tues-Thurs: 5p-9p	\$175	Mililani Branch	Lei Hilea Stacey Porter
December	December 2, 4, 6, 9, 11, 13, 16 & 18 Weekends: 12p-4p Weekdays: 6p- 10p	\$175	Central Branch	Kilo Moa Lei Hilea

All courses need a minimum of 6 persons to conduct the course.

YMCA Camp HR Erdman 69-385 Farrington Hwy Waialua, HI 96791 Phone (808) 637-4615 Fax (808) 637-8874	Central Branch 401 Atkinson Drive Honolulu, HI 96814 Phone (808) 941-3344 Fax (808) 941-8821
Kaimuki-Waiialae Branch 4835 Kilauea Avenue Honolulu, HI 96816 Phone (808) 737-5544 Fax (808) 735-9849	Kalihi Branch 1335 Kalihi Street Honolulu, Hawaii 96819 Phone (808) 848-2494 Fax (808) 842-7736
Mililani Branch 95-1190 Hikikaulia Street Mililani, Hawaii 96789 Phone (808) 625-1040 Fax (808) 625-1327	Nuuanu Branch 1441 Pali Highway Honolulu, HI 96813 Phone (808) 536-3556 Fax (808) 521-1181
Leeward Branch 94-440 Mokuola Street Waipahu, HI 96797 Phone (808) 671-6495 Fax (808) 671-7985	Windward Branch 1200 Kailua Road Kailua, Hawaii 96734 Phone (808) 261-0808 Fax (808) 261-2365

YMCA Lifeguard

This course is designed to provide the participants with the knowledge and skills needed to be a lifeguard and professional rescuer. Participants will be certified in CPR Pro for the Professional Rescuer, Basic First Aid for the Community and Emergency Oxygen Administration. The course presents information on the skills and knowledge lifeguards need in pool, lake, river, surf, and waterpark environments. The comprehensive course offers up-to-date information on how to lifeguard by anticipating and preventing problems before they occur and by taking action to help those in danger when necessary. Course covers safety skills, accident prevention, scanning, guarding techniques, emergency systems, rescue skills, first aid in aquatic environments, spinal injury management, open water dangers, legal responsibilities, pool management, and information on how to get a job as a lifeguard. The leadership competencies this course meets for the Leader Level are: Inclusion, Influence, Communication, Decision Making, and Emotional Maturity.

Number of Hours:	36 (includes 8.5 hours of eLearning)
Training Manuals:	<ul style="list-style-type: none"> On the Guard (ISBN 9781935727026)
Items to Bring:	<ul style="list-style-type: none"> Swim Suit/Towel Pen Picture ID (for proof of age) Minor Participants Permission Form (for participants 16-17 years old) Print out verification that eLearning was completed. After registering for the course, you will be sent a link to the courses that you will need to complete prior to the first day of class. You will not be allowed to continue with the course if the eLearning is not completed by the first day of class. There are 4 eLearning/online sections: 1)YMCA Lifeguard 2)CPR/AED for the Professional Rescuer 3)First Aid 4) Oxygen Administration.

Prerequisites:

- Minimum age of 16 by the last day of the scheduled course. Those under the age of 18 must have parental consent to participate in the course.

Pass the following three-phased Physical Competency Requirements

(Conducted in class on the 1st day, those who don't pass will not be allowed to continue):

- Phase 1:**
 - Tread water for 2 minutes (legs only)
 - Swim 100 yards of front crawl
- Phase 2:**
 - Swim 50 yards of each:
 - Front crawl with the head up
 - Sidestroke
 - Breaststroke
 - Breaststroke with the head up
 - Elementary backstroke kick with hands on the chest
 - Perform a feet-first surface-dive in 8 to 10 feet of water (or maximum depth of training facility). Then swim underwater for 15 feet.
- Phase 3:**
 - Starting in the shallow end of the water, sprint for a distance of approximately 60 feet then perform an arm-over-arm surface dive in 8 to 10 feet (or maximum depth of training facility)
 - Pick up an object (dive ring) from the bottom of pool, surface and tread water for at least one minute with legs only, replace the object back to the bottom of the pool where it was found
 - Swim the remaining length to end of pool, and hoist yourself out of water
 - Immediately begin compression on an adult manikin for one minute or 100 compressions, stand and listen to directions from instructor

NOTE: Y Lifeguard course includes CPR Pro for the Professional Rescuer, Basic First Aid and Emergency Oxygen Administration.

Minimum Entrance Requirements to become a YMCA-certified lifeguard. Participants must be able to accomplish these tasks:

- Sit for extended periods of time in an elevated chair. A candidate must remain alert and focused on the entire zone of responsibility for extended periods of time, even under conditions of high heat and humidity, with no lapses in consciousness. Move safely to various locations, including entering and exiting an elevated chair, while scanning the zone of responsibility.
- Communicate with others immediately when responding to an incident or an emergency. Candidates must be able to communicate verbally, including projecting their voice across distances; communicate swiftly and clearly with emergency personnel over the telephone and or in person; and effectively give and receive directions.
- Hear noises and distress signals in the aquatic environment, including in the water and anywhere around the zone of responsibility. Candidates must understand that significant background noise exists in all indoor and outdoor aquatic environments. In addition, lifeguard candidates should have a minimum hearing threshold of no more than an average of a 25-decibel loss in both ears over a range of frequencies (500Hz, 1000Hz, 2000Hz, 788 and 3000Hz). Candidates who use hearing aids or other corrective devices for hearing should be able to perform all rescue skills and emergency procedures without interruptions to adjust, retrieve or install or attach hearing aid/corrective device.
- Observe all sections of an assigned zone or area of responsibility. Candidates who use corrective eyewear should be able to perform all rescue skills and emergency procedures without interruptions to adjust, clear, or retrieve corrective eyewear.
- Perform all rescue, resuscitation, and survival skills. Candidates must be able to perform basic first aid such as manual suction, use a bag-valve mask resuscitator, administer emergency oxygen use an AED (automated external defibrillator), and perform professional rescuer CPR.
- Think in the abstract, solve problems, make quick decisions, instruct, evaluate, supervise, and recognize the potential for danger or injury.
- Have adequate memory skills and be able to retain and apply the knowledge learned in lifeguard training.
- Act swiftly in an emergency and take action even when unsure whether a person is really in danger.

Certification Renewals:

The following certifications are good for two years:

- YMCA Lifeguard
- Basic First Aid for the Community
- Emergency Oxygen Administration

The following certification is good for one year:

- CPR Pro for the Professional Rescuer

YMCA Lifeguard certifications are not valid if any of the above certifications expire.

Three ways to re-new your YMCA Lifeguard certifications

- Successfully pass the YMCA Lifeguard renewal course, or
- Successfully pass the YMCA Lifeguard course, or
- Become a YMCA lifeguard instructor