

With the mayor's most recent emergency order, proof of vaccination or a recent negative COVID-19 test is required to attend this course.

OFFICE OF THE MAYOR CITY AND COUNTY OF HONOLULU
EMERGENCY ORDER NO. 2021-11
(COVID-19 [Novel Coronavirus])

SECOND AMENDMENT TO THE ORDER IMPLEMENTING TIER 5 OF HONOLULU'S
POST COVID-19 VACCINE FRAMEWORK

By the authority vested in me as Mayor of the City and County of Honolulu (the "City") pursuant to Revised Charter of the City and County of Honolulu 1973 (2017 Edition), as amended; the Revised Ordinances of the City and County of Honolulu 1990, as amended; the Hawai'i Revised Statutes, as amended ("Haw. Rev. Stat."), the Constitution and laws of the State of Hawai'i, I, RICK BLANGIARDI, hereby issue this Second Amendment to the Order Implementing Tier 5 of Honolulu's Post COVID-19 Vaccine Framework ("Second Amendment") to further address the emergency initially declared via proclamation on March 4, 2020, and the subsequent Fifteenth Proclamation of Emergency or Disaster (COVID-19 [Novel Coronavirus]).

I. FURTHER AMENDMENTS TO THE ORDER

A. Addition of "Order 10" and "Order 11" Emergency Order No. 2021-09 (COVID-19 [Novel Coronavirus]) Order Implementing Tier 5 of Honolulu's Post Covid-19 Vaccine Framework (the "Order") is further amended to include "Order 10" and "Order 11" (following Order 9 on page 6 of the Order), as set forth below:

Order 10:

A. Effective September 13, 2021, all covered entities shall not permit a patron to enter covered premises without displaying proof of full vaccination, and identification bearing the same identifying information as the proof of full vaccination. Furthermore, all 2 covered entities shall not permit a full or part-time employee, intern, volunteer, or contractor to enter covered premises without proof of full vaccination.

B. Exceptions: The following individuals are exempt from this Order 10, section A. above, and therefore may enter covered premises without proof of full vaccination: Patrons with proof of a negative COVID-19 test result taken within 48 hours of entry into the covered premises, and identification bearing the same identifying information as the proof of negative COVID-19 test presented (the negative test result required under this section B must be from an FDA approved, or FDA EUA approved, molecular or antigen test);

Due to the Covid-19 Pandemic, we are following strict guidelines to help insure the safety of all participants.

All participants must be able to answer “NO” to the following questions:

1. Are you experiencing any cough, shortness of breath, chills, muscle pain, headache, sore throat, or new loss of taste or smell?
2. Have you had a fever of 100.4 or more during the last 48 hours?
3. Have you, or anyone in your household have an active or suspected case of COVID-19?
4. Have you, or anyone in your household currently mandated to quarantine by the State of Hawaii?

Temperature checks will be conducted at the beginning of each day, those with a temperature of 100.4 or more will not be allowed to continue with the course. There will be no refund or make-up for those that miss any part of the course.

Also, face covering are mandatory during all classroom sessions. **Masks with valves, bandanas, neck gaiters and face shields worn without a mask are not allowed.** There are certain skills that your mask will need to be removed, you will be instructed to do so when the time comes. During classroom sessions, you will be distanced from other students.

During the pool/water sessions, face masks and distancing is not possible, so if you are not comfortable with this, please don't register at this time. The skills that need to be performed require you to be in close contact with other students.

If you have any questions or concerns, please contact:
Troy Tomita: ttomita@ymcahonolulu.org

YMCA of Honolulu

Lifeguard & Swim Instructor

Looking for a rewarding job?

Become certified as a YMCA Lifeguard and/or Swim Instructor.

The benefit to take our course to get a job* with the YMCA:

- Guaranteed interview before the course end date (must be scheduled outside of the course times)
- Pre-qualify for the pre-employment swim test
- 6 locations to work at
- Ability to start immediately if hired (pending results of the drug test)
- Course fee returned in full after completion of 90 days

Interested candidates need to complete a YMCA job application to start this process.

YMCA of Honolulu

2021 Lifeguard & Swim Instructor Course Schedule

Updated 09/16/2021

Month Activity #	Dates & Times	Fee	Location	Instructors
February 2021 #30323	February 22-25, 27, 28 & March 1	\$250	Central YMCA Camp Erdman	Troy Tomita ttomita@ymcahonolulu.org
March 2021 #30324	March 15-21, 2021 1-9pm everyday	\$250	Windward YMCA	Kilohana Moa kmoa@ymcahonolulu.org
April 2021 #30480	April 6-22, 2021 Tuesday-Thursday: 6-10pm	\$250	Nuuanu YMCA	Matt Oba moba@ymcahonolulu.org
May 2021 #31509	May 23-31, 2021	\$250	Kaimuki	Brendan Gill bgill@ymcahonolulu.org
August 2021 #30906	August 19-31, 2021 Mondays & Thursdays: 6-10pm Saturdays & Sundays: 1-9pm	\$250	Windward YMCA	Kilohana Moa kmoa@ymcahonolulu.org
October 2021 #32160	October 19-November 4, 2021 (Oct. 19, 20, 21, 26, 27, 28, Nov 2, 3, & 4) Tuesday, Wednesday & Thursdays 6-10pm	\$250	Nuuanu YMCA	Matt Oba moba@ymcahonolulu.org

Registration and payment can be done at your local YMCA or online at www.ymcahonolulu.org

All courses require pre-course online work required that must be completed by the first day of your course.

1. Y Lifeguard - You must log into <https://lcdc.yexchange.org/> and create an account. Go to the LCDC. Then register for the corresponding course, no fees are needed for this site, as you should have already registered and made payment. Course is usually available 3-4 weeks prior to the start date. Online work is on this site.
2. CPR/AED, First Aid and Oxygen - Link will be sent 1-2 weeks prior to the start date.

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

There is no refund once the course starts (starting the online work is considered as starting the course)

No refund or switching classes will be allowed for students who fail to pass the course.

Please make sure that you can complete the prerequisites before registering for 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
Kaimuki-Waialae Branch 4835 Kilauea Avenue Honolulu, HI 96816 Phone (808) 737-5544 Fax (808) 735-9849	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	

Health and Safety Precautions
YMCA Lifeguard courses during the Covid-19 Pandemic

The YMCA of Honolulu has received permission from the City and County of Honolulu to conduct its lifeguard course, with the information that social distancing cannot be maintained during in-water training. If you are not comfortable with this, do not register for this course at this time.

Other considerations:

- Students are not permitted to attend the in-person training if:
 - You experiencing any cough, shortness of breath, chills, muscle pain, headache, sore throat, or new loss of taste or smell
 - You had a fever of 100.4 or more during the last 48 hours
 - You, or anyone in your household, been suspected to have or have had a confirmed case of COVID-19 in the last 14 days
 - You, or anyone in your household, traveled out of the State of Hawaii in the last 14 days
- Temperature checks will be conducted at the beginning of each class. Those with a 100.4 fever or higher will not be allowed to continue
- Face mask must be worn during all classroom portions of the course, unless skills training requires it to be removed

For your safety:

- All participants will be given their own rescue mask/pocket mask to use during the course
- During the classroom portion, students will be spaced apart by at least 6 feet.
- During BLS training, each student will be assigned their own manikin to work on.
- Any shared equipment will be disinfected between use
- During the water skills, we will do our best to limit the mixing of groups

From the CDC website:

- Evidence suggests that COVID-19 cannot be spread to humans through most recreational water. Additionally, proper operation of these aquatic venues and disinfection of the water (with chlorine or bromine) should inactivate the virus that causes COVID-19

Other important information:

This course does require online work that needs to be completed prior to the start of the course. You will be e-mailed links and instructions to these about 1 week prior to the start of the course.

There is a minimum swim requirement (Physical Competency) in order to pass the course. Those unable to pass will be dropped from the course. Make sure that you can meet the requirements (see below) prior to registering for the course.

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 Basic Life Support (formerly 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), actual course time may be longer to account for breaks and transitions.
Training Manuals:	<ul style="list-style-type: none"> On the Guard: The YMCA Lifeguard Manual (2016 Edition)
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 (1-2 weeks prior to the start of the course) 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 Basic Life Support (formerly CPR Pro), 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:

- Basic Life Support (formerly 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

YMCA Swim Lessons Instructor

This course awards the YMCA Swim Lesson Instructor Certification. After successful completion of this course, instructors will be able to identify components of the YMCA Swim Lessons continuum, demonstrate the behaviors of an effective YMCA Swim Lessons Instructor, maintain an inclusive environment of learning while keeping order in a positive and safe environment, employ swim teaching techniques that breakdown the critical features of a swimmer’s skill progression at any age and stage and demonstrate the swim instructor’s role in the safety process and during an emergency

Number of Hours:	16 hours, actual course time may be longer to account for breaks and transitions.
Prerequisites:	<ul style="list-style-type: none"> • 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. • Principles of Youth Development YT101B (Online via https://lcdc.yexchange.org/) no fee • YMCA Swim Lessons Instructor v6: Observe & Communicate AQ116B (Online via https://lcdc.yexchange.org/) \$10 • YMCA Swim Lessons Instructor v6: Orientation AQ115B (Online via https://lcdc.yexchange.org/) \$10 • Basic Life Support (formerly CPR Pro for the Professional Rescuer), Basic First Aid and Emergency Oxygen Administration <p>NOTE: Basic Life Support (formerly CPR Pro for the Professional Rescuer), Basic First Aid and Emergency Oxygen Administration are NOT included in the course unless stated.</p>
Items to Bring:	<ul style="list-style-type: none"> • Swim Suit/Towel • Googles • Pen • Picture ID (for proof of age) • Minor Participants Permission Form (for participants 16-17 years old)

Certification Renewals:

The following certifications are good for two years:

- YMCA Swim Lessons Instructor
- Basic First Aid for the Community
- Emergency Oxygen Administration

The following certification is good for one year:

- Basic Life Support (formerly CPR Pro for the Professional Rescuer)

YMCA Swim Lessons Instructor certification is not valid if any of the above certifications expire.

Ways to re-new your YMCA Swim Lessons Instructor certification

1. Take either YMCA Swim Lessons Instructor v6: Advanced Teaching Techniques, or YMCA Swim Lessons Instructor v6: Advanced Swimming Techniques
2. Take an approved continuing education course from one of our accepted providers. Examples of these courses are:
 - USA Masters Swimming Coach Certification Levels 1,2,3
 - USA Masters Swimming Adult Instructor Certification
 - USA Swimming Foundations of Coaching 201
 - Swim Angelfish Instructor Certification
 - ASCA (American Swim Coaches Association) Coach Certification Level 1, 2, 3
 - USA Swimming Foundation Children with Challenges Certification
 - YMCA Swim Officials Level I, II
3. You can also take the full course again.

Note: There is no grace period when your certification expires; you must retake the full YMCA Swim Lessons Instructor course.