

NAVAL STATION EVERETT

SPORTS, FITNESS & AQUATICS

RED CROSS LIFEGUARD CERTIFICATION COURSE

Cost of Certification per person: \$41

Instructor Information: Chloe Hubbard | Office Phone: 425-304-3388 | Email: chloe.hubbard@navy.mil

Pre-Course Session:

- Testing the Pre-requisite skills
- Blended Learning Course Sign Up
- Age Verification
 - Must be 15 years old by the last date of the course

Pre-requisite skills (Approximately 1 hour)

- 300 yard swim
 - Must be swam continuous demonstrating rhythmic breathing
 - No stopping or pushing off the bottom
 - Goggles/cap may be worn
- 2-Minute Tread Water
 - May not use hands
- Timed Brick Retrieval
 - 1 minute and 40 seconds
 - Swim 20 yards
 - Surface dive to a depth of 7 to 10 feet to retrieve 10 pound object (dive brick)
 - Return to surface, swim back to start on back with both hands holding object
 - Face must be kept at or near surface of the water
 - Exit pool without using ladder/steps
 - No goggles may be used

Pre-Course Session:

- Sailors can drop in to take their pre-course skill tests on the following days/times
 - Wednesday 11/2 4:30 PM – 6:00 PM
 - Thursday 11/3 4:30 PM – 6:00 PM
 - Tuesday 11/8 4:30 PM – 6:00 PM
 - Thursday 11/10 4:30 PM – 6:00 PM
- If none of these options work sailor must contact instructor to set up an alternate time for an LGI to give the test when pool space is available

Blended Learning must be completed before first in-person skill session

In person skill session

- Class Options:
 - November 14th – November 18th 4:30 PM – 7:00 PM

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- November 28th – Dec 2nd 4:30 PM – 7:00 PM
- Weekend class session TBD

Blended Learning Material

- Online course link will be provided
- Student will need to make an account with the Red Cross Learning Center
- Student should use email they wish to associate with their certification
- Blended learning material must be completed before the start of in-person skill sessions
- Blended Learning provides First Aid/CPR/AED test
- Once complete student must provide instructor with certification of completion for the blended learning content
- Blended Learning content is self-paced but should take approximately 7 hours

In-Person Skill Session

- 20 hours of in person skill training



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