



Welcome to the Challenge

Lifeguarding is a challenging and important job. Being an effective lifeguard requires commitment and a lot of work, but the personal and professional benefits are well worth the effort. As a lifeguard it is your mission to prevent harm, or injury, and if need be, act in a crisis situation. The lifeguard course is designed to challenge you physically and mentally. Congratulations on your decision to challenge yourself and make a difference at Ramstein.



RAMSTEIN AQUATIC CENTER

Ramstein Air Base

Bldg. 422

DSN: 478-7665 (POOL)

Civ: 06371-405-7665

<https://86fss.com/outdoor-rec/aquatic-center/>



Ramstein Aquatic Center

HOURS OF OPERATION

Tuesday – Friday

FIT POOL 0600 – 1945

REC POOL 0900 – 1945

Saturdays/Sundays/Family Days

1100 – 1645

Mondays CLOSED

NEXT LIFEGUARD COURSE WILL BE HELD ON:



LEARN TO SAVE A LIFE!



Lifeguards...make a difference!

Get qualified at the Ramstein Aquatic Center in Rescue Skills, CPR/AED & First Aid.

PURPOSE

The primary purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. This program offers a choice of Lifeguarding/First Aid/CPR/AED courses to meet the various training needs of a diverse audience.

PREREQUISITES

Candidates must:

1. Be at least 15 years old on or before the final scheduled session of the course.
2. Swim 300 meters, continuously demonstrating breath control and rhythmic breathing.
 - Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
3. Tread water for 2 minutes, using only the legs.
 - Candidates should place their hands under the armpits.
4. Complete a timed event within 1 minute, 40 seconds:
 - Starting in the water, swim 20 meters. Swim goggles are not allowed.
 - Surface dive, feet-first or headfirst, to a depth of 7 to 10 feet to retrieve a 10-pound object.
 - Return to the surface and swim 20 meters on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath.
 - Exit the water without using a ladder or steps.

LEARNING OBJECTIVES

- Explain how to fulfill the responsibilities of a professional lifeguard
- Describe the role that facility management plays in facility safety.
- Describe the drowning process.
- Identify the behaviors of a swimmer, distressed swimmer, and an active and a passive victim.
- Identify and define elements of effective surveillance.
- Explain proper scanning techniques and identify tactics to overcome scanning challenges.
- Identify how to recognize and care for a victim of poisoning, heat-related illnesses and cold-related emergencies.
- Demonstrate how to care for victims with head, neck or spinal injuries on land and water
- Demonstrate how to give in-water ventilations.
- Demonstrate how to perform a quick extrication of a victim from the water.
- And more

CERTIFICATION REQUIREMENTS

- Attend and actively participate in all class sessions (may include eLearning modules).
- Demonstrate competency in all required skills
- Pass the final skills scenarios and written exam

CERTIFICATE & VALIDITY

- The American Red Cross certificate for Lifeguarding/First Aid/CPR/AED is valid for 2 years.

