

Dear Future Lifeguards,

Are you ready for a wonderfully refreshing few days spent in the lake?!

There are a few things you should know before you get here:

Arrival time on Sunday, June 11 is 1:30 pm.

We are planning to start in the water at 2 pm with a pre-test to determine your swimming strength.

If you cannot pass the pre-test you will not be able to do the course.

The pre-test consists of the following:

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. You 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.

2. Tread water for 2 minutes using only the legs. You should place your hands under your armpits.
3. Complete a timed event within 1 minute, 40 seconds.
 - Starting in the water, swim 20 yards. Your face may be in or out of the water. **Swim goggles are not allowed.**
 - Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a weighted object.
 - Return to the surface and swim 20 yards on your back to return to the starting point with both hands holding the object while keeping your face at or near the surface so you are able to get a breath. You should not swim the distance under water. Exit the water without using a ladder or steps.

To successfully complete the course, you must attend the entire course, participate in all skill sessions/drills, activities and scenarios, demonstrate competency in all required skills and scenarios, and pass the final written exams (2) with a minimum grade of 80 percent.

The practice sessions will require some strenuous physical activity. You are encouraged to check with your healthcare professional before participating in the practice sessions. If a medical condition or disability exists that might prevent participation in the activities, or there are questions about fully participating in the Lifeguarding course, please contact me to discuss this before the course begins.

Upon successful completion of the course, you will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years.

Be prepared to swim in the cold lake water. If you have a wetsuit, I strongly recommend you bring it, as we will be spending plenty of time in the water over the duration of the course. Feel free to bring goggles and a swim cap (**goggles are only allowed during the pre-test.**) You should also bring sunscreen and more than one swimsuit (one-piece, please), as we will be getting in and out of the water multiple times each day.

Please bring many warm clothes as well as your own sleeping bag, pillow, and towels. You may also want to bring a notebook, writing implement, and a water bottle. All other necessary equipment will be provided for you. We should be done by 9 each evening, but they will be long days, so please come well-rested and be sure stay hydrated throughout the entire course.

The course will be ending mid-afternoon Tuesday, June 13. All meals will be provided starting with Sunday dinner and ending with Tuesday lunch.

If you have any urgent concerns or questions, please call the Pilgrim Lodge Office at (207) 724-3200, and feel free to send an email to rchoate24@gmail.com for less urgent questions.

See you soon!

Ruth Choate

American Red Cross Lifeguard Instructor