

American Red Cross 27th Annual Aquatic Training Institute



**Minot, North Dakota
May 29 to June 4, 2010**



**American
Red Cross**

Together, we can save a life

**Mid-Dakota Chapter of the
American Red Cross
P.O. Box 456
Minot, ND 58702-0456**

27th Annual Aquatic Training Institute

The Mid-Dakota Chapter of the American Red Cross is once again proud to offer the *Aquatic Training Institute (ATI)*, May 29 through June 4, 2010. Participants from North Dakota and Montana will converge on the city of Minot to take part in various aquatic training programs taught by American Red Cross trained instructors. The ATI is intended to teach participants the skills necessary to meet the aquatic needs of their community.

Registration fees are due by Friday May 21, 2010. If received after the deadline a \$10.00 late fee will be assessed.

All daytime classes will be held at Minot State University, 500 University Avenue NW. Please enter through the East entrance of the Student Union building. A Red Cross representative will be available to direct you to the pool on the first day of classes.

All evening courses will be held at the Mid Dakota Chapter Service Center located at 2021 4th Ave NW. Room and meals are not included in the cost of the courses.

Check-in for all classes will be 15 minutes prior to start.

PLEASE BE ON TIME.



If you have additional questions, please call: 701 852-2828

View our schedule on line on our website at:

<http://www.minotredcross.org>

LIFEGUARD MANAGEMENT

Cost: \$70.00

Purpose The purpose of the Lifeguard Management course is to provide participants with the skills and knowledge needed to effectively manage lifeguards and to create an environment that keeps patrons, lifeguards, and the aquatic facility safe.

Prerequisites There are no prerequisites required to enroll in the Lifeguard Management course, however, it is recommended that participants:

- Possess a current American Red Cross lifeguard credential, or a current lifeguard training certificate from another nationally recognized agency.
- Have life-guarding experience or managerial experience in other facets of an aquatic operation.

Tuesday

June 1

11am to 7pm

This class will be held at the Mid Dakota Chapter Service Center located at 2021 4th Ave NW.

A minimum of four students is needed for this course. Refunds will be issued to registrants if the minimum requirement is not met.



LIFEGUARD TRAINING

Length of Certification: 3 years from issuance

Cost: \$165.00

Age Requisite: 15 years of age
(before closing date of the course)

Pre-course Requirements:

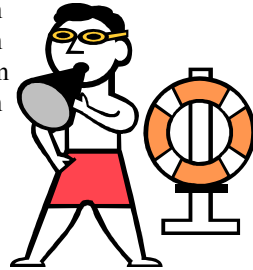
- Swim 300 yards continuously using a combination of breaststroke and front crawl.
- Swim 20 yards, pick up a brick (from a minimum of 9 feet), return to the surface and carry object at surface for 20 yards, exit water (without use of a ladder) within 1 minute and 40 seconds.

Candidates that do not pass the pre-course requirements will not be allowed to continue with the life-guarding course.

Refunds will be issued to those students.

Start time for all classes is 9:00am

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|---------------------------------|------------|
| A May 29, 30, 31, June 1 | 9 - 5:00pm |
| B May 29, 30, 31 | 9 - 9:00pm |
| C June 1, 2, 3, 4 | 9 - 5:00pm |
| D June 2, 3, 4 | 9 - 9:00pm |



When registering for lifeguard course, Please indicate which class (A, B, C, or D) you will be attending.

The four day course is designed for those who travel daily. We want our students to be as rested as possible (to keep them safer) when travelling to and from home.

The CPR for the Professional Rescuer class is included in the price of the lifeguarding class.

Certified lifeguards must possess both lifeguarding and CPR/PR credentials.

Each student must perform all skill requirements and pass the written test by 80% to obtain life-guarding credentials.

Water sessions will be held from 9am to 5pm (with lunch break) at the MSU swimming pool. CPR/PR sessions are held at the Mid Dakota Chapter Service Center located at 2021 4th Ave NW.

CPR FOR THE PROFESSIONAL RESCUER

Length of Certification: 1 year from date of issuance

Cost: \$70.00

Prerequisite: None

CLASS 1

Saturday	May 29	6pm to 9pm
Sunday	May 30	6pm to 9pm
Monday	May 31	6pm to 9pm

CLASS 2

Tuesday	June 1	9pm to 5pm
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CLASS 3

Wednesday	June 2	6pm to 9pm
Thursday	June 3	6pm to 9pm
Friday	June 4	6pm to 9pm

The price of this class is included in the lifeguarding course. This class is open to the general public and fees would apply to the stand-alone class. A pocket mask is provided for all participants.

CPR FOR THE PROFESSIONAL RESCUER RECERTIFICATION

Length of Certification: 1 year from date of issuance

Cost: \$40.00

Prerequisite: Possess a current CPR for the PR certificate

Remember to bring your breathing mask, (pocket masks are available at \$14.00 each), a breathing mask is required for class.

Saturday	May 29	7pm to 10pm
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Wednesday	June 2	7pm to 10pm
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The CPR courses will be held at the Mid Dakota Chapter Service Center located at 2021 4th Ave NW

LIFEGUARD RECERTIFICATION

Length of Certification: 3 years from issuance

Cost: \$70.00

Prerequisites:

- Possess a current ARC Lifeguard Certificate.
- Swim 300 yards continuously.
- Swim 20 yards, retrieve brick, return brick to edge (held at water surface), exit pool, without use of ladder.

This skill has a time limit of 1 minute and 40 seconds.



This class will re-certify you for three (3) years as an American Red Cross Lifeguard.

During this course, candidates are will be Required to swim 300 yards continuously, successfully demonstrate life-guarding skills, participate in a back-boarding experience, complete the First Aid course, and pass the written test by 80%.

Sunday	May 30	9am to 5pm
Monday	May 31	9am to 5pm
Thursday	June 3	9am to 5pm
Friday	June 4	9am to 5pm

Courses held at Minot State University Swimming Pool.

This course does not include CPR for the professional rescuer as part of the curriculum.

You must retain two credentials, Life-guarding and CPR/ PR, to be a certified lifeguard. A current Health-Care Provider certificate from the American Heart Association is accepted as an alternate certificate to the American Red Cross CPR/PR.

WATER SAFETY INSTRUCTOR (WSI)

Authorization Validity:

Authorization is for 2 years. Instructors must teach a minimum of one class every two years to extend their authorization

Cost: \$165.00

Age requirements: 16 years old (before the closing date of the course)

Pre-Requisites Part 1 (Safety Skills):

- Demonstrate a long shallow dive into a minimum of 9 feet of water.
- Perform a surface dive; retrieve an object in 7 to 9 feet of water.
- Perform a wading assist with equipment bringing them to poolside safety.
- Demonstrate a shallow start entry, approach a face-down victim (with suspected spinal injury), or use a head splint to maintain in-line stabilization and establish an open airway.
- Perform throwing assist, utilizing a rescue tube.

Pre-Requisites Part 2:

- Possess a current FIT* certificate
- Pass skills pre-test and written test by 80%.

Pre-Requisites Part 3 (Swimming Skills):

- Demonstrate front crawl for 50 ft.
- Demonstrate back crawl for 50 ft.
- Demonstrate side stroke for 50 ft.
- Demonstrate breast stroke for 50 ft.
- Demonstrate elementary backstroke for 50 ft.
- Demonstrate butterfly stroke.
- Perform a standing front dive from the deck.



Tuesday	June 1	*9am to 6pm	(*FIT training)
Wednesday	June 2	9am to 6pm	
Thursday	June 3	9am to 6pm	
Friday	June 4	9am to 6pm	

Students must attend all of the classroom sessions to successfully pass the course.

If you cannot pass the pre-course exam or skills test you may not be admitted to the WSI course. Refunds will be given to these students.

**Fundamentals of Instructor Training (FIT) is a course requirement for all candidates wishing to become American Red Cross instructors.*

Please Indicate Which Course(s) You will be Attending

2010 ATI Aquatic Classes

Lifeguarding Training

Provide necessary knowledge and skill training for a person to qualify as an entry level lifeguard. Instruction also includes CPR for the professional rescuer and a pocket CPR mask. These classes are held daily at the MSU swimming pool and/or at the Mid Dakota Chapter office.

May 29-30-31-June 1	A	9-5	_____	Cost \$165.00
May 29-30-31	B	9-9	_____	Cost \$165.00
June 1-2-3-4	C	9-5	_____	Cost \$165.00
June 2-3-4	D	9-9	_____	Cost \$165.00

Lifeguard Recertification

Updates lifeguarding staff with current changes and renews expiring certificates. Lifeguards are required to re-certify every 3 years. These classes are held daily from 9:00am to 5:00pm at the MSU pool. The cost of this class does not include CPR for the Professional Rescuer.

May 30-31	9-5	_____	Cost \$70.00
June 3- 4	9-5	_____	Cost \$70.00

Lifeguard Management

This class will provide candidates with the training necessary to manage their pool, scheduling and staff.

June 2	11 - 7	_____	Cost \$70.00
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Water Safety Instructor – WSI

Gives students the training necessary to instruct American Red Cross swimming lessons, the six levels of the Learn to Swim program and the parent-child aquatic curriculum. These classes are held at the Minot State University swimming pool.

June 1 - 4	9-5	_____	Cost \$165.00
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Questions? Please call us in Minot at852-2828

CPR for the Professional Rescuer

CPR for the Professional Rescuer

Teaches rescuers the skills needed to respond appropriately to respiratory and cardiac emergencies. This class is included in the lifeguard course but is open to others that may need the training. If you are enrolled in the lifeguard course there is no need to register again.

CLASS 1

May 29- 30- 31	6:00pm – 9:00pm	_____	Cost \$70.00
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CLASS 2

June 1	9:00am– 5:00pm	_____	Cost \$70.00
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CLASS 3

June 3- 4- 5	6:00pm – 9:00pm	_____	Cost \$70.00
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CPR for the Professional Rescuer Recertification

This course is required of all lifeguards. Students must show proof of current certificate to take this class. Each class is from 7:00pm to 10:00pm at the Mid Dakota Chapter office.

May 29	7:00pm -10:00pm	_____	Cost \$40.00
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June 2	7:00pm – 10:00pm	_____	Cost \$40.00
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The American Heart Association Health Care Provider certificate is equal to the CPR for the Professional Rescuer. If you currently hold this certificate you do not need to attend this segment of the training.



Take CPR for the Professional Rescuer on Line at
<http://www.redcrossonlinetraining.org/Distance/PartnerCourses.aspx>

American Red Cross Aquatic Merchandise

Property of Lifeguarding T-Shirt	_____	Cost \$12.00
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Property of Lifesaving Dept. T-Shirt	_____	Cost \$12.00
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Lifeguard First Aid Kit	_____	Cost \$12.00
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American Red Cross Vintage Ball Cap	_____	Cost \$15.00
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Shirts are one- size, XL. Ball caps are adjustable.

American Red Cross Aquatic Merchandise



Property of Lifeguarding T-Shirt
\$12.00



Property of Lifesaving Dept. T-Shirt
\$12.00



Lifeguard First Aid Kit
\$12.00



American Red Cross Ball Cap
Vintage Green \$15.00

Course Registration

Please Remove this Form & Include it with Payment

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Day Time Phone: _____ Evening: _____

Note: All persons registering for CPR re-certification courses must have taken a CPR class within 1 year.

HEALTH STATEMENT

I understand that practice sessions in class involve strenuous physical activity. Participants that have any medical conditions or disability are asked to discuss it with our director of Health and Safety at 701 852-2828.

Completed application form, payment, and a SIGNED health statement and personal information form must be received before admittance to any classes. The deadline for applications is **Friday May 21st**. A \$10.00 late fee will be added to all applications received after May 21, 2010.

Signature _____ Date

Signature _____ Date
Parent or legal guardian signature is required if participant is under 18 years of age.

Checks should be made out to: **American Red Cross**

Registration can be mailed to:

**American Red Cross
P.O. Box 456
Minot, ND 58702-0456**

All CPR courses will be held at the Minot Red Cross Service Center located at 2021 4Th Ave NW. Aquatic classes will be held at Minot State University Swimming pool.