

CITY OF SOUTH LAKE TAHOE

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MEDIA ADVISORY

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February 17, 2016

American Red Cross Lifeguard Training

WHAT: American Red Cross Lifeguard Training

WHO: All community members

WHERE: Recreation and Swim Complex, 1180 Rufus Allen Blvd.

WHY: The South Lake Tahoe Recreation Department is offering American Red Cross Certified Lifeguard Training. The class is conducted by American Red Cross Certified Instructor Liz Terzian and will provide participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies. Participants will be trained and certified to provide care for breathing and cardiac emergencies, injuries, and sudden illness until EMS (emergency services) take over.

Participants must be at least 15 years of age, be able to swim 300 yards continuously while demonstrating breathing control and rhythmic breathing, tread water for two minutes using the legs only, and complete a timed event. The class includes 7 hours and 25 minutes of online learning and 20 hours of hands-on instruction.

Upon successful completion, participants will receive the American Red Cross Certificate for Lifeguarding/First Aid/CPR/AED, which is valid for two years. Attendance at all facility sessions and completion of all online lessons are two of a number of requirements necessary to successfully pass for certification.

Facilitator: Liz Terzian, American Red Cross Certified Instructor

Pre-course and swim test: By appointment (Please call 530-542-6059)

Sessions: 5 Classes: March 14th - 22nd on Mondays, Tuesdays & Thursdays, 4:00pm—8:30pm (must register by March 14th)

Fee: \$225

Register online at www.cslt.sportssignup.com