Welcome to the University Aquatic Center and the beautiful campus of the University of Alabama.

You are invited to participate in one or any of the following nationally recognized certification courses:

- American Red Cross Lifeguarding
- American Red Cross Lifeguard Instructor
- American Red Cross CPR for the Professional Rescuer and Health Care Provider
- American Red Cross Adult and Pediatric CPR/AED and First Aid
- American Red Cross Water Safety Instructor
- American Red Cross Swim Coach Safety Training
- American Red Cross Water Safety Today and Home Pool Safety

This packet outlines course descriptions, prerequisites, session dates and fees. Lodging accommodations will be sent upon request.

Do not delay; enroll well in advance to secure your place. Enrollments are on a first-come first-serve basis. Should you have any questions about any of the courses, please email Alexandra Sandoval, Manager of Aquatic Programs, asandoval@sa.ua.edu or Zack Tolbert, Assistant Director, Aquatics, ztolbert@sa.ua.edu.

**Mission Statement:** University Recreation serves students and the greater University of Alabama community by providing opportunities to foster health and well-being, learning, leadership, and inclusion.

**Vision Statement:** We aspire to be a national leader in the collegiate recreation community by providing and maintaining excellent facilities, delivering exemplary programs and services and enhancing student development to improve health and well-being.
General Information

**Site:** The headquarters for Aquatics Health and Safety Academy will be the University Aquatic Center located at 415 Paul Bryant Drive, Tuscaloosa, Alabama, 35401.

**Fees:** A specific course fee has been set for each course in order to meet direct costs of administration, certification fees, trainer time, program supplies, promotion, etc. Payment of fees must accompany your registration.

**Enrollment Deadline:** Space is limited so enroll early. The deadline is one week prior to the course start date. Late enrollment fee of $20 may be assessed if received less than one week prior to the course start date.

**Cancellation / Refunds:** You may be eligible to receive a full refund for all course fees paid if you cancel prior to the enrollment deadline or if University Recreation cancels the course. Cancellations received after the course enrollment deadline will not be eligible for a refund. Registrants failing to show or who do not meet course prerequisites will not be eligible for a refund.

**Where to Enroll:**
The University of Alabama, University Aquatic Center, in the Member Services Office located at 415 Paul Bryant Drive, Tuscaloosa, Alabama, 35401; 205-348-5244.

**Lodging:** You are responsible for your lodging. Information about nearby hotels is available upon request.

**Meals:** All meals are your responsibility. There are many restaurants in the area and a list will be available at time of check in.

**What to Wear / What to Bring:** Appropriate dress for all Instructor Candidates is business casual. For all other participants, casual clothing is appropriate for the classroom. For courses that include a pool practical be sure to pack swimsuits and towels.

Be sure to bring copies of prerequisites, paper, pen, and texts for the courses, money for snacks and meals. Please bring business cards to share as you network with others. If you are enrolled in a course that requires the completion of a study guide or online blended learning prior to the course, remember to bring the completion validation to your course. See the course descriptions for further information.

**Check In:** Please be sure to check in with the course Trainer / Faculty upon arrival for your first class day.
Course Descriptions

Lifeguarding
The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard candidates with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional level of care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

Course includes Lifeguard training, First Aid, CPR for the Professional Rescuer, AED, Emergency Oxygen Administration, and Bloodborne Pathogens.

Prerequisites:
- Must be 15 years of age on or before the final scheduled class date of this course.
- Swim 300 yards 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.
- Tread water for 2 minutes using only the legs.
- Complete a time event within 1 minute, 40 seconds: Starting in the water, swim 20 yards on the surface; goggles may NOT be used. Surface dive to a depth of 7-10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the 10-pound object and keeping the face at or near the surface. Candidates should not swim the distance underwater. Exit the water without using a ladder or steps.

Length of Course: ~26 hours

Lifeguarding Instructor
The purpose of the Instructor course is to train Instructor Candidates to teach the American Red Cross Lifeguarding, Shallow Water Lifeguarding, Waterfront Skills, Waterpark Skills, CPR/AED for the Professional Rescuer and Health Care Provider, Administering Emergency Oxygen and Bloodborne Pathogens: Preventing Disease Transmission courses and/or modules. Instructor Candidates will also become familiar with Junior Lifeguarding, Lifeguard Management, Safety Training for Swim Coaches, and Basic Water Rescue.

Prerequisites:
- Be at least 17 years old on or before the final scheduled class date of this course.
- Possess one of the following:
  - A current American Red Cross certificate for Lifeguarding/First Aid/CPR/AED for the Professional Rescuer and Health Care Provider
  - An equivalent certificate from another organization.
- Successfully complete the Online Session for the course of orientations to the American Red Cross, and the Lifeguarding Instructor course and Pre-course Exam scoring 80% or higher.
- Successfully complete the Pre-course Swimming and Lifeguarding Rescue Skills Evaluation.
- Obtain copies of the Lifeguarding Instructor’s Manual and Lifeguarding Manual after you successfully complete the Pre-course Session.

Length of Course: ~26 hours

CPR/AED for the Professional Rescuer and Health Care Provider with First Aid, Bloodborne Pathogens, and Emergency Oxygen
The purpose of the American Red Cross CPR/AED for the Professional Rescuer and Health Care Provider course is to train professional level rescuers to respond to breathing and cardiac emergencies in adults, children and infants until more advanced medical personnel take over.

Course includes CPR for the Professional Rescuer, AED, Emergency Oxygen Administration, and Bloodborne Pathogens.

Prerequisites: None
Length of Course: ~ 6 hours
Adult and Pediatric First Aid/CPR/AED
The purpose of the American Red Cross First Aid/CPR/AED course is to help course participants recognize and respond appropriately to cardiac breathing and first aid emergencies. The courses in the program teach skills that participants need to know to give immediate care to a suddenly injured or ill person until more advance medical personnel arrive and take over.

Prerequisites: None
Length of Course: ~4 hours

Water Safety Instructor
The purpose of the American Red Cross Water Safety Instructor course is to train Instructor Candidates to teach courses and presentations in the American Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions, and how to evaluate participants' progress.

Prerequisites:
- Be at least 16 years of age on or before the final scheduled class date of this course.
- Have successfully completed the Fundamentals of Instructor Training course.
- Demonstrate the ability to perform swimming skills consistent with Level 4 Stroke Performance:
  - Swim 25 yards each of Front Crawl, Back Crawl, Breaststroke, Elementary Backstroke, Sidestroke, and 15 yards of Butterfly.
  - Maintain position on the back for 1-minute in deep water
  - Tread water for 1-minute

Length of Course: ~30 hours

Safety Training for Swim Coaches
The purpose of the Safety Training for Swim Coaches course is to teach those involved in competitive swimming, including coaches, officials, athletic trainers and aquatic exercise instructors, how to help maintain a safe and comfortable environment for swimmers, prevent accidents and emergencies, and respond to swimmers with illnesses or injuries in water or on land. This course is offered in a blended online and classroom format.

Prerequisites:
- Must be 15 years of age on or before the final scheduled class date of this course.
- Must be comfortable in chest-deep water.

Length of Course: ~3 hours online, 3 hours pool time

Water Safety Today and Home Pool Safety
The purpose of Water Safety Today course is to teach participants how to recognize and respond to emergencies in, on and around the water. Topics include how to recognize, prevent, and respond to emergencies in and around the water. Appropriate safety practices and rules that should be in place and enforced at home pools. Steps one can take to remain safe in oceans, lakes, rivers, and home pools. Home Pool Safety is a presentation to provide home pool owners and apartment pool user with information to keep their family and guests safe in an aquatic environment. Topics include identifying basic lifesaving techniques that can be used to help someone who is in trouble in the water. Discussion of safety precautions that homeowners should consider when hosting a home pool party. Some course participants also register for Adult & Pediatric First Aid/CPR/AED.

Prerequisites: None
Length of Course: ~2.5 hours