



Division of  
Student Life  
University Recreation

## University Recreation Aquatics Health and Safety Education Courses Spring 2019

Welcome to the University Aquatic Center. Some of the learning opportunities UREC provides for the greater University of Alabama community are our American Red Cross health and safety certification courses:

### Basic Level Courses:

- 1) Lifeguarding (Blended Learning Format) (r.2017)
- 2) Adult and Pediatric First Aid/CPR/AED (Blended Learning Format)
- 3) Water Safety Today and Home Pool Safety

### Instructor Level Courses:

- 1) Lifeguarding Instructor (r.2017)
- 2) Water Safety Instructor

This packet outlines course descriptions, prerequisites, session dates and fees.

Do not delay; enroll well in advance to secure your place. Enrollment is on a first-come first-serve basis. For questions, please email Zack Tolbert, Assistant Director, Aquatics, [ztolbert@ua.edu](mailto:ztolbert@ua.edu) or Ryan Sanders, Manager of Aquatic Programs, [ryansanders@ua.edu](mailto:ryansanders@ua.edu).

## General Information

**Site:** Student Recreation Center (400 Peter Bryce Boulevard, Tuscaloosa, AL and Aquatic Center at 415 Paul Bryant Drive, Tuscaloosa, Alabama).

**Fees:** Payment of fees must accompany your registration.

**Membership Requirement:** There is no membership requirement to register for Health and Safety Courses.

**Enrollment Deadline:** Space is limited so enroll early. The deadline to register for a Basic Level Course is one week prior to the course start date. The deadline to register for an Instructor Level Course is three weeks prior to the course start date.

**Prerequisites:** Each participant is responsible for ensuring he/she meets the course prerequisites. Failure to meet course prerequisites prohibits a participant from participating in the course.

**Course Materials:** All participants are expected to be prepared for class, whether on land or in a pool setting. Instructor-level candidates are responsible for purchasing their own copies of texts in advance at <https://www.redcrossstore.org/default.aspx>.

**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. Cancellation requests 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, Student Recreation Center, in the Member Services Office located at 400 Peter Bryce Boulevard, Tuscaloosa, AL. 35401, or the Aquatic Center Member Services temporary office at Martha Parham Hall, Office 178, at 921 6th Avenue, Tuscaloosa, AL. 35401

**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 prerequisite documents, 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 Instructor upon arrival each class day.



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## Basic Level Courses

### Lifeguarding (Blended Learning Format) (r.2017)

The purpose of the ARC Lifeguard 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 EMS personnel take over.

The course includes Lifeguarding, First Aid, CPR/AED for the Professional Rescuer. Participants will be required to complete the course prerequisites and the online portion of the course prior to attending the skills sessions. The online component has been designed to instruct participants in the knowledge-based aspects of the Lifeguarding program, as well as to introduce them to the skills they will practice during the instructor-led portion of the training.

Prerequisites (performed Wednesdays of each session):

Must be 15 years of age on or before the final scheduled class date of the 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, feet-first or head-first, 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. Exit the water without using a ladder or steps.

Course Materials: Access to digital Text and personal safety equipment provided.

Session Dates:

1. February 20-24
2. March 20-24
3. April 10-14

Days and times for sessions 1-3:

Wednesday, 6pm-9pm; Thursday, 5pm – 9pm; Friday, 4pm-7:30pm; Saturday & Sunday 9:00am-5:00pm

4. May 6-8
5. May 13-15

Days and times for sessions 4-5:

Monday-Wednesday, 9:00am-5:00pm

Cost: UA Student - \$200 UREC Member - \$225 Community \$250

### 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. Plus, 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

Course Materials: Text and personal safety equipment provided.

Session Dates TBD:

Please email [ryansanders@ua.edu](mailto:ryansanders@ua.edu) to set up a custom course offering.

Cost: UA Student - \$45 / Couple UREC Member - \$55 / Couple Community \$65 / Couple

## **Adult and Pediatric First Aid/CPR/AED (Blended Learning Format)**

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 advanced medical personnel arrive and take over. Participants will be required to complete the online portion of the course prior to attending a skills session.

Prerequisites: None

Course Materials: Digital Text and personal safety equipment provided.

Skill Session Dates:

1. Friday, February 22, 5pm-6:30pm
2. Friday, March 29, 5pm-6:30pm
3. Friday, April 26, 5pm-6:30pm

Cost: UA Student - \$45      UREC Member - \$55      Community \$65

## **Instructor Level Courses**

### **Lifeguarding Instructor (r.2017)**

The primary purpose of the ARC Lifeguarding Instructor course is to train Instructor Candidates to teach the American Red Cross Lifeguarding courses.

Prerequisites:

- Be at least 17 years of age on or before the final scheduled class date of the course.
- Possess a current basic-level certification:
  - American Red Cross Lifeguarding, First Aid, CPR/AED for the Professional Rescuer and Health Care Provider; An equivalent certificate from another organization.
- Successfully complete the online Introduction to the Lifeguarding Instructor course prior to the Precourse Skills session via the class roster and online content completion status report.

Obtain all instructor and participant materials before entering the first session of the instructor course:

- American Red Cross Lifeguarding Instructor's Manual
- Lifeguarding course presentation and/or DVD
- American Red Cross Lifeguarding Manual

Course Materials: Purchase Lifeguarding Manual (2017) and Lifeguarding Instructor Manual (2017) at <https://www.redcrossstore.org/default.aspx> .

Session Dates:

1. March 1-3; Friday, 2:00pm-8:00pm, Saturday & Sunday 8:00am-6:30pm
2. April 5-7; Friday, 2:00pm-8:00pm, Saturday & Sunday 8:00am-6:30pm

Cost: UA Student \$200      UREC Member \$225      Community \$250

### **Swimming and 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

Course Materials: Purchase Swimming and Water Safety Manual (Centennial Edition) and Water Safety Instructor Manual (Centennial Edition) at <https://www.redcrossstore.org/default.aspx> .

Session Dates: Email [ryansanders@ua.edu](mailto:ryansanders@ua.edu) to schedule a custom course for your staff.

Cost: UA Student \$200      UREC Member \$225      Community \$250