



**AUSTIN
PARKS &
RECREATION**

Cultural Places, Natural Spaces

Aquatic Division
400 Deep Eddy Avenue
Austin, TX, 78703
512-974-9332
aquaticsoffice@austintexas.gov



INSTRUCTOR

COURSE

SCHEDULES

2014

LIFEGUARD INSTRUCTOR COURSE SCHEDULES

The purpose of the instructor course is to train instructor candidates to teach the American Red Cross Lifeguarding, Shallow Water Lifeguarding, Waterpark skills, CPR/AED for Professional Rescuers and Health Care Providers, Administering Emergency Oxygen and Bloodborne Pathogens Training courses and/or modules.

Students are required to perform the course prerequisite skills tests (listed below) upon arriving for the first class. Students must also be able to attend all dates listed per course to fulfill the completion requirements.

Course prerequisites include:

- ◆ Be at least 17 years of age on or before the final scheduled class session
- ◆ Successfully demonstrate the following skills:
 - ◆ Pass an online session which consists of an orientation to the American Red Cross and Lifeguarding Instructor Course
 - ◆ Swim 300 yards while demonstrating continuous breath control & rhythmic breathing:
 - Candidates may swim using the front crawl, breaststroke or a combination of both
 - ◆ Perform the following sequence of skills within 1 minute, 40 seconds:
 - Starting in the water, swim 20 yards using front crawl or breaststroke
 - Surface dive 7—10 feet
 - Retrieve a 10-pound object and return to the surface
 - Swim 20 yards back to the starting point with the object
 - Exit the water without using a ladder or steps
 - ◆ Tread water for two minutes using legs only
 - ◆ Rescue scenarios to include:
 - Primary assessment
 - CPR/AED
 - Head/neck/back injury
 - Active victim rescue
 - Submerged victim rescue
 - Two-person removal using a backboard
- ◆ Download/print required instructor's and participant's manuals

Course Schedule:

Course Code	Dates	Times	Location	Fee
LGI 1	January 6—10, 2014	9:00am—3:00pm	Stacy Pool	\$100.00
LGI 2	May 12—16, 2014	9:00am—3:00pm	Martin Pool	\$100.00

Registration:

- ◆ Registrations are accepted at the Aquatic Office, Monday—Friday from 8:00am—5:00pm (excluding holidays)
- ◆ Due to limited slots, registrations are reserved for students working for the City of Austin Parks and Recreation Department, Aquatic Division
- ◆ A \$5.00 transfer fee or a \$10.00 cancellation fee are applicable for any registration changes

If you have any additional questions regarding the lifeguard instructor course, please contact the aquatic office at 512-974-9332 or aquaticsoffice@austintexas.gov

WATER SAFETY INSTRUCTOR COURSE SCHEDULES

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.

Students are required to perform the course prerequisite skills tests (listed below) upon arriving to the first class. Students must also be able to attend all dates listed per course to fulfill the completion requirements.

Course prerequisites include:

- ◆ Be at least 16 years of age on or before the final scheduled class session
- ◆ Successfully demonstrate the following skills (as defined by the stroke performance chart for level 4):
 - ◆ Swim 25 yards of the following strokes:
 - Front Crawl (Freestyle)
 - Back Crawl (Backstroke)
 - Breaststroke
 - Elementary Backstroke
 - Sidestroke
 - ◆ Swim 15 yards Butterfly.
 - ◆ Maintain a position on your back (floating or sculling) for 1 minutes in deep water
 - ◆ Tread water for 1 minute

Course Schedule:

Course Code	Dates	Days Class Meets	Times	Location	Fee
WSI 1	March 10—14, 2014	Monday—Friday	8:00am—5:00pm	Stacy Pool	\$45.00
WSI 2	April 28—May 9, 2014	Monday—Friday	5:00pm—8:00pm	Martin Pool	\$45.00
WSI 3	May 19—23, 2014	Monday—Friday	8:00am—5:00pm	Martin Pool	\$45.00
WSI 4	May 26—30, 2014	Monday—Friday	8:00am—5:00pm	Martin Pool	\$45.00
WSI 5	June 9—13, 2014	Monday—Friday	8:00am—5:00pm	Martin Pool	\$45.00

Registration:

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Austin Parks and Recreation Department

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Jesse Vargas, Assistant Director
Cora D. Wright, Assistant Director

Mission

The purpose of the Parks and Recreation Department is to provide, protect and preserve a park system that promotes quality recreational, cultural and outdoor experiences for the Austin community.



<http://www.austintexas.gov/department/poos-and-swimming>

The City of Austin is proud to comply with the Americans with Disabilities Act.
If you require assistance for participation in our programs or use of our facilities, please call 974-9332