



Lifeguard Training in Ajo, Arizona May 21st – 31st, 2022

- This American Red Cross Lifeguard Training is **ONLY** for prospective employees who intend to apply to work for Pima County for Summer 2022 in the town of Ajo
- All new lifeguard hires for Pima County must be fully vaccinated against COVID-19 by their hiring appointment.
- Material covered will include American Red Cross Lifeguard material and Pima County lifeguard protocol.
- Participants must be 16 years old by May 15th, 2022 to register for this class.
- Class size is limited to the first 14 participants registered. Minimum number of participants needed to run the class is 4.

Course Prerequisites:

- 300 yard swim demonstrating breath control and rhythmic breathing. May use front crawl, breaststroke or combination of both. Swim goggles are allowed.
- Tread water for 2 minutes without support & without stopping, using only the legs, hands placed under the armpits, head must remain above the surface of the water.
- Timed event: starting in water, swim 20 yards (no goggles), surface dive to retrieve 10 pound brick, return to surface and swim 20 yards on back to starting point with both hands holding the brick and keeping the face at or near the surface. Exit the water without using a ladder or steps. Must be completed in 1 min 40 seconds.

Saturday May 21st 12:00pm to 6:00pm

Class prerequisites will take place at the Ajo Pool at 12pm, class will move to the Ajo Community Center once prerequisites are completed.

Sunday May 22nd 12:00pm to 6:00pm

Lifeguard Rescue Skills (water practice)

Saturday May 28th 10:00am to 6:00pm (class at Ajo Community Center)

CPR/AED/First Aid Skills and written exam (lunch break approximately at 11:30am)

Sunday May 29th 10:00am to 3:00pm

Lifeguard Rescue Skills/Scenarios (water practice)

Monday May 30th 10:00am to 3:00pm

Lifeguard Rescue Skills/Scenarios (water practice)

Tuesday May 31st 10:00am to 3:00pm

Review of all Water Skills, Final Skills Scenarios, LG written exam

Participants need to pick up a lifeguard manual by May 17th at the Ajo Community Center in order to complete reading assignments before the first day of class on the 21st.

TO REGISTER:

Visit www.pima.gov/nrpr and follow the online registration link - **Class # 11413** Registration deadline is Thursday May 15th. The \$50 fee is payable by credit card only. If you are unable to register online or have questions, please call Jodi Layton at (520)724-5171.