Aquatics Catalog 2013

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Why choose the American Red Cross as your aquatics partner?

The Gold Standard
The American Red Cross has been the gold standard in lifesaving, water safety and swimming instruction since 1914. The trusted brand for certification and training, the Red Cross provides a full suite of aquatic training that helps people enjoy the water safely and skillfully, and results in professionally trained lifeguards who are able to prevent and respond to aquatic emergencies.

Investment in Continued Excellence
Developing and maintaining the excellent Health and Safety training programs that the Red Cross provides requires significant investment, and the Red Cross pricing schedule has been restructured to recover part of this cost of program development.

The Red Cross is committed to ensuring that no at-risk community will ever be denied access to Red Cross training because of its inability to pay. To achieve this goal, the Red Cross actively seeks donors and grants.

Highest Quality, Current Science
Red Cross training and resources are of the highest quality, reflecting the involvement of the nation’s foremost experts in their fields actively contributing to the development of its materials and the training of its instructor force.

All new courses reflect the latest science from the Emergency Cardiovascular Care and First Aid Guidelines, and for the Lifeguarding program, findings from the 2011 United States Lifeguard Standards Coalition Report.

Courses are also reviewed and approved by the American Red Cross Scientific Advisory Council, a panel of nationally recognized experts in emergency medicine, sports medicine, emergency medical services (EMS), emergency preparedness, disaster mobilization and other public health and safety fields.

The progressive, multi-level instructional approach of the Learn-to-Swim courses maximizes participant success and includes the most current biomechanics, stroke descriptions and diving progressions, with an emphasis on drowning prevention.
Essential Drowning Prevention/Water Safety Elements

Drowning prevention and water safety are essential elements of the Red Cross Learn-to-Swim program with personal water safety knowledge and skills integrated into every level.

Water safety courses and presentations are available to educate the public of all ages about water safety, ranging from Longfellow’s WHALE Tales for youth to sun safety and rip-current safety.

Exceptional Training System

The Red Cross trains its instructors not only in the content, but also how to teach effectively, using a combination of techniques.

The instructional format simplifies preparation time and makes it easy for Water Safety instructors to teach any swim level successfully. This system recognizes that many new Red Cross Water Safety instructors are learning how to teach for the first time, and builds this fact into its instructor training with its unmatched train-the-trainer system.

Resources are available to support Water Safety instructors, including newsletters to parents, achievement cards and sample block and lesson plans for every level, as well as a website dedicated just to instructors.

Local and National System of Support and Resources

• Your support team, including specialized Red Cross Aquatics representatives
• Professionally produced marketing support, including print ads and other enrollee recruitment tactics that you can customize with your information
• A national call center that helps ensure consistent customer service and record-keeping

Red Cross Training Value

The following features are an added value to the full suite of Aquatics programs offered by the Red Cross:

• Two-year certification for lifeguards, including First Aid, CPR/AED
• Two-year certifications for instructors in Water Safety (WSI) and Lifeguarding
• Choice of print or free digital participant and instructor-training materials for most courses
• Online and online/onsite options
• Free digital refreshers for Lifeguarding, First Aid, CPR and AED
• Continuing education units (CEU)
• More support for instructors:
  • Dedicated website with resources, downloadable materials and online ordering
  • Centralized customer service call center (1-800-RED CROSS) with extended hours and administrative user support
  • Convenient online update to new programs

The Scientific Advisory Council

The Red Cross Scientific Advisory Council is a panel of nationally recognized experts drawn from a wide variety of scientific, medical and academic disciplines. The Council guides the Red Cross on emergency and safety treatments and practices that align with the latest evidence-based scientific and medical knowledge.

The seven members of the Aquatics Subcouncil, led by Peter G. Wernicki, MD, FAAOS, prepare research briefs and recommendations reviewed by the full Council on how best to apply the latest science and medical findings to our Aquatics programs. The full Council then conducts its own review of the research, with all Subcouncils participating. Following this rigorous scientific review, if the Council votes to recommend the change for implementation, the Red Cross then incorporates it into training materials and makes the information available to the public, free of charge.
Learn-to-Swim Program

With an emphasis on drowning prevention and water safety, the Red Cross Learn-to-Swim program has been helping Americans at home and at military installations overseas to enjoy the water safely for nearly 100 years. Courses are available for a variety of ages and skill levels, including those with disabilities and other health conditions.

The progressive, multi-level instructional approach of swim courses maximizes participant success and includes the most current biomechanics, stroke descriptions and diving progressions.

The Red Cross offers a variety of communication tools and instructional resources for the convenience of its Water Safety instructors, such as:

- Newsletter templates
- Achievement cards
- Sample block and lesson plans for each level

Learn-to-Swim Courses

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<tr>
<th>Course</th>
<th>Prerequisites</th>
<th>Objectives</th>
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| **Parent & Child Aquatics Levels 1 & 2** | • Minimum age of 6 months to about 3 years  
• Parent or guardian is required to accompany each child in the water and participate in the class  
• Note: Children who are not potty-trained are required to wear swim diapers | Orients young children to the water and prepares them to learn to swim in the Preschool Aquatics or Learn-to-Swim courses  
• Parents are taught to safely work with their child in the water and how to encourage their child to participate fully and try the skills  
• Children are introduced to basic skills to help them learn to swim in the future  
• Several water-safety topics are introduced |
| **Preschool Level 1**              | • No parent accompaniment in the water  
• Must be able to leave parent willingly, follow directions, and behave appropriately in a class setting  
• Recommended age: 3–5 years | Orients children to the aquatic environment and teaches them basic aquatic skills  
• Elementary aquatic skills are taught, which children build on as they progress through the Preschool Aquatics program  
• Blowing bubbles; submerging mouth, nose and eyes; opening eyes under water and retrieving objects  
• Front and back floats with assistance |

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| **Preschool Level 2**              | • Preschool Level 1 certificate or be able to demonstrate those skills on the first class meeting  
• Recommended age: 3–5 years | To build upon the skills learned in Preschool Level 1 to gain more comfort and independence  
• Children learn to float on their backs without support  
• Opening eyes under water and retrieving submerged objects  
• Alternating arm and leg actions on front and back  
• Most skills in this level are performed independently |
| **Preschool Level 3**              | • Preschool Level 2 certificate or be able to demonstrate those skills on the first class meeting  
• Recommended age: 3–5 years | Helps children start to gain basic swimming propulsive skills  
• Fully submerging face and holding breath, and bobbing up and down  
• Combined arm and leg actions on front and back  
• Skills in this level are performed independently |
| **Level 1: Introduction to Water Skills** | • No parent accompaniment in the water  
• Recommended age: 6 years and up | Helps participants feel comfortable in the water  
• Elementary aquatic skills are taught  
• Blowing bubbles; submerging mouth, nose and eyes; opening eyes under water and retrieving objects  
• Front and back floats with assistance  
• Combined arm and leg actions on front and back |
| **Level 2: Fundamental Aquatic Skills** | • Level 1 certificate or be able to demonstrate those skills on the first class meeting  
• Recommended age: 6 years and up | Gives participants success with fundamental skills  
• Float on front and back independently  
• Combined arm and leg actions on front and back independently  
• Treading water  
• Submerging, holding breath, bobbing and retrieving objects  
• Rolling over front to back and back to front |
Learn-to-Swim Courses (continued)

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| Level 3: Stroke Development     | • Level 2 certificate or able to demonstrate skills from Levels 1 and 2 on the first class meeting  
                                 | • Recommended age: 6 years and up                                             | Builds on Level 2 skills through additional guided practice  
                                 |                                                                               | • Front crawl and elementary backstroke  
                                 |                                                                               | • Flutter, scissors, dolphin and breaststroke kicks  
                                 |                                                                               | • Build on fundamentals of treading water |
| Level 4: Stroke Improvement     | • Level 3 certificate or able to demonstrate skills from Levels 1, 2 and 3 on the first class meeting  
                                 | • Recommended age: 6 years and up                                             | To develop confidence in the strokes learned so far  
                                 |                                                                               | • Swimming front crawl and elementary backstroke for greater distances  
                                 |                                                                               | • Build upon scissors kick and dolphin kick; adding arms for sidestroke and butterfly  
                                 |                                                                               | • Backstroke and breaststroke are introduced  
                                 |                                                                               | • Treading water for 2 minutes |
| Level 5: Stroke Refinement      | • Level 4 certificate or able to demonstrate skills from Levels 1–4 on the first class meeting  
                                 | • Recommended age: 6 years and up                                             | To coordinate and refine all the swimming strokes and swim longer distances  
                                 |                                                                               | • Front crawl, backstroke, butterfly, breaststroke and elementary backstroke  
                                 |                                                                               | • Flip turns for front and back are introduced  
                                 |                                                                               | • Treading water for 5 minutes |
| Level 6: Menu Options:          | • Personal Water Safety  
                                 | • Fitness Swimmer  
                                 | • Fundamentals of Diving                                                    | • Level 5 certificate or able to demonstrate skills from Levels 1–5 on the first class meeting  
                                 |                                                                               | • Recommended age: 6 years and up                                             | To refine strokes so students swim them with more ease, efficiency, power and smoothness over greater distances  
                                 |                                                                               |                                                                               | • Menu options focus on preparing participants for more advanced aquatic activities  
                                 |                                                                               |                                                                               | • All options include a 500-yard continuous swim |
Lifeguarding

The American Red Cross updated its Lifeguarding program in 2012 to include:

• The latest science
• Increased physical competency requirements, with expanded prerequisites and a new, timed scenario required to complete the Lifeguarding course
• Strong focus on surveillance and water rescue training, including what to do when things don’t go as practiced
• A single 2-year Lifeguarding certification, including First Aid and CPR/AED
• Objective-based rescue training with an emphasis on team response
• FREE digital refreshers

Course format has also been streamlined to include two core training courses, featuring a new blended learning version, plus optional add-on modules. View sample training materials at redcross.org/previewkits.

Core Courses

Available in both traditional in-person training and the new online/onsite blended learning option. Topics for our two core courses include:

• Prevention
• Water rescue skills
• Surveillance and recognition
• First Aid/CPR/AED

Lifeguarding

For entry-level participants at all facility types

Course length: 25 ½ hours

Certification: Lifeguarding/First Aid/CPR/AED for 2 years

Shallow Lifeguarding

For entry-level participants at all facilities/attractons with water no deeper than 5 feet

Course length: 24 hours

Certification: Shallow Water Lifeguarding/First Aid/CPR/AED for 2 years

Optional Add-on Modules

These are available in traditional in-person training format only. Certification in a core course is a prerequisite.

Waterfront Skills

For non-surf, open-water areas at public parks, resorts, camps and camp grounds

Course length: 5 ½ hours

Certification: Waterfront Skills for 2 years valid only with a current Lifeguarding/First Aid/CPR/AED certification

Waterpark Skills

For waterpark environments and multi-attraction facilities

Course length: 3 ½ hours

Certification: Waterpark Skills for 2 years valid only with a current Lifeguarding/First Aid/CPR/AED or a Shallow Water Lifeguarding First Aid/CPR/AED certification.

Administering Emergency Oxygen

How to use emergency oxygen and breathing devices, including bag-valve-mask (BVM) resuscitators

Course length: less than 2 hours

Anaphylaxis & Epinephrine Auto-injectors

How to administer an epinephrine auto-injector to an individual experiencing a severe allergic reaction

Course length: 1 hour

AED training is a required component of all Lifeguarding courses. Call 1-800-RED CROSS to get help setting up an AED program for your facility.
Asthma
How to administer an asthma inhaler to an individual experiencing an asthma attack
Course length: 45 minutes

Bloodborne Pathogens Training
• How bloodborne pathogens are spread
• How to avoid exposure
• What to do if exposed to infectious material
Choose between traditional classroom and new online training options
Course length: 1 to 2 hours

Lifeguarding Refreshers
The Red Cross Refresher Center helps lifeguards maintain the knowledge and skills learned during training. You’ll challenge yourself with interactive quizzes, games, learning activities, videos and more to keep your skills fresh between certifications.
Topics include water-rescue skills, decision-making, First Aid and CPR knowledge.
Access these modules at redcrossrefresher.com/lifeguarding

Junior Lifeguarding
A revision to GuardStart: Lifeguarding Tomorrow, this program is designed to guide adolescents ages 11–14 to the Red Cross Lifeguarding course by building a foundation of knowledge, attitudes and skills of future lifeguards. It serves to bridge the gap between Learn-to-Swim and Lifeguarding, and includes the following topics:
• Development of swimming skills and endurance
• Victim recognition
• First aid/CPR/AED
• Water rescue skills

Lifeguard Training Materials
Instructor’s Manual
FREE download at instructorscorner.org
$32.00

DVD Set
Stream for FREE from instructorscorner.org
Stock #: 655739 / ISBN: 978-1-58480-491-8
$174.95

Multimedia Course Presentation
Includes all of the visual information needed to conduct the Lifeguarding course, such as lecture points, video segments and selected skill sheets
FREE download at instructorscorner.org

Participant’s Manual
FREE download at redcross.org/training
$32.00
Aquatic Examiner Service Newly updated!

Enhance your Lifeguarding program with the Aquatic Examiner Service. Participating in the service provides an objective view of your entire lifeguarding operation, including skill evaluations for lifeguards. Regular site visits provide an indication of how well lifeguards are performing while on the job. Service components include:

• **Initial conference**: A Red Cross representative will visit your facility, collect data and verify your current operational and emergency procedures
• **Onsite evaluations**: Red Cross representatives will make periodic, unannounced site visits to observe your lifeguards performing surveillance, evaluate lifeguard skills, and assess aquatic facility operations
• **Staff training**: Red Cross representatives can provide specific in-service training sessions, pre-season training or annual Red Cross certification training

**Training** (Certification provided only where noted)

### Water Safety Instructor Training

Through video and hands-on skill building, the Water Safety Instructor course is designed to train Water Safety instructors to use a variety of teaching strategies, including:

• Class management techniques
• Lesson planning and execution
• Observation and assessment
• Tools to be great new instructors

It strongly emphasizes water safety as the foundation of aquatic recreation and provides detailed information on basic and more advanced aquatic skills. It offers the most current biomechanics concepts in regards to stroke descriptions, in consultation with USA Swimming; updated diving techniques and learning progressions, in consultation with USA Diving; and much more.

Certifies individuals to teach children and adults water safety, survival and swimming skills, as well as to give community water safety presentations.

**Course length**: 30 ½ hours

**Certification**: Water Safety Instructor for 2 years

### Lifeguarding Instructor Course

Certifies individuals to teach all Lifeguarding courses (core courses and optional add-ons, with the exception of Waterfront Skills, which also requires a Waterfront Skills certification) and:

• Demonstrates the characteristics required to be a Red Cross representative and role model
• Teaches courses in a manner that helps participants stay engaged in the learning process
• Ensures participants’ health and safety during training
• Demonstrates skills at an appropriate level of performance
• Maintains complete and accurate records and reports
• Plans, organizes and conducts the courses and presentations in the Lifeguarding program in accordance with the requirements of the specific course or presentation they will be teaching, and evaluates participants
• Monitors participants’ practice and provides corrective feedback and encouragement consistent with the skill-assessment criteria

**Course length**: 21 hours

**Certification**: Lifeguarding Instructor for 2 years

### Lifeguard Management Course

**Online course option**

A facility is only as safe as its lifeguard team can make it. Improve your staff’s team management skills with this one-day course that teaches aquatic managers and lifeguard supervisors how to effectively manage lifeguards and keep patrons, lifeguards and aquatic facilities safe.

This course covers the following topics:

• Hiring and training lifeguards
• Team building
• Injury prevention
• Risk management
• Emergency response planning

**Course length**: 7 hours
Safety Training for Swim Coaches

Developed in collaboration with USA Swimming, this course teaches swim coaches and other aquatic professionals how to prevent and respond to emergencies while on the pool deck. Topics include:

• Preparing an emergency action plan
• Recognizing a swimmer in distress
• Rescuing swimmers, using non-swimming techniques
• Handling spinal injuries
• And more

Course length: 8 hours
Certification: 3 years

Instructor’s Manual
FREE download at instructorscorner.org

Participant’s Supplement
FREE download at redcross.org/training

Products

Lifeguard Hip Pack
Respond quickly to water emergencies with the Red Cross Lifeguard Hip Pack. Bright red hip pack is light and easy to wear with 3 zippered pockets, 50” adjustable strap and a mesh bottom for ventilation/mildew prevention. Includes:

• Whistle with patented 3-chambered design that produces multiple-frequency staccato blasts of up to 120 decibels, with safety break-a-way lanyard
• American Red Cross Laerdal Pocket Mask with O2 inlet, disposable gloves and wipes

Item #: 321178 | $28.00

Red Cross Lifeguard Whistle
Provides rescuers the best chance of being heard in an emergency or signaling situation. Details:

• Patented 3-chambered design, produces multiple-frequency staccato blasts of up to 120 decibels
• Hands-free mouth grip
• Waffled texture for holding with wet or cold hands
• Heavy-duty “paracord” lanyard features a safety break-a-way clasp, designed to separate if pulled upon in a rescue situation

Item #: 321174 | $5.95
More for Your Community

Water Safety Publications

Water Safety Handbook
This 57-page handbook, produced for parents, covers the following topics:

- The risk of drowning
- The risk of head, neck or back injury
- General water safety tips for all environments
- Diving safety
- Life jackets
- Boating safety
- Emergency action steps
- Emergency action plan
- Helping others
- Reach or throw, don’t go
- Rescue breathing
- General health tips for outdoor water activities
- Heat-related emergencies
- Cold-related emergencies

FREE download available at instructorscorner.org

Learn-to-Swim Participant Booklets
Fun characters and an engaging story help children prepare for swim lessons and enable parents and caregivers to work with their children to practice skills outside of class.

Raffy Learns to Swim
Supports Preschool Aquatics Levels 1–2 and Learn-to-Swim Level 1. Takes the mystery out of what Learn-to-Swim will be like and includes safety tips.

Waddles in the Deep
Supports Preschool Aquatics Level 3 and Learn-to-Swim Levels 2–3. Serves to reduce the fear of the deep end by showing cuddly characters overcoming their fear and successfully jumping and diving in. Also includes safety tips.

Water Safety Courses, Presentations and Tear Sheets

Water Safety Courses

Longfellow’s WHALE Tales
This program helps you to teach the elementary-school-age children in your community about water safety and drowning prevention in an engaging, age-appropriate way to aid comprehension and retention.

Course Materials:
- Educational Packet: Lessons are supported by 11 colorful posters and a CD-ROM of teaching tools, including topic outlines, fact sheets, activity sheets and certificates.
  Stock #: 651315 | $17.95
- DVD: 25 minutes, starring Longfellow, the animated whale. Supports the Educational Packet.
  Stock #: 65131 | $39.95
- Participant Stickers
  Reinforce key safety messages and encourage discussion between children and parents. Each pack contains 25 stickers for each of the 11 lessons.
  Stock #: 651323 | $9.95

Who is Longfellow the Whale?
Our Longfellow the Whale character is based on the actual person who initiated the American Red Cross swimming and water safety program.

As a young reporter covering the Rhode Island waterfront in the late 1800s, Commodore Wilbert E. “the Amiable Whale” Longfellow was dismayed at the increasing number of tragic drownings that he reported. As he read up on all of the available information about aquatics, he became certain that drownings could be prevented by the teaching and practicing of water safety, as well as by adequate supervision.

Given one month to live due to a terrible illness, the Amiable Whale had to give up his day job, but fought his way to good health and began his one-man crusade to “waterproof America.” The Amiable Whale enlisted the American Red Cross in 1914 to develop the first nationwide water safety program, including the first trained lifeguards, a volunteer corps of swimming instructors, and a public-service campaign broadcast over the newly invented radio.
Water Safety Courses

Home Pool Essentials
This online course, co-written with the National Swimming Pool Foundation, is designed to help home pool owners properly operate and safely enjoy a home pool or hot tub by learning the steps to maintain them, and how to plan for what to do in an emergency.
Includes six months of access to the course and free downloadable copy of Home Pool Essentials™: Maintenance and Safety Resource Guide. Available for $19.95 at homepoolessentials.org.
Course length: 2 hours
Certification: Home Pool Essentials™: Maintenance and Safety (no validity period)

Basic Water Rescue
This in-person course provides individuals with the knowledge and skills necessary to prevent, recognize and respond to many types of aquatic emergencies.
The Basic Water Rescue course does not provide participants with all the knowledge and skills needed to be certified as a lifeguard.
Course length: 4 ½ hours
Certification: Basic Water Rescue for 3 years

Personal Water Safety
This in-person course builds on basic swimming and safety skills and provides individuals with the knowledge and skills necessary to avoid aquatic emergencies and perform self-rescues in some aquatic-emergency situations.
Each one-hour lesson begins with a safety discussion, followed by an in-water skills session.
The Personal Water Safety course is not designed to provide participants with the knowledge and skills needed to be certified as a lifeguard.
Course length: 5 hours
Certification: Personal Water Safety for 3 years

Free Water Safety Presentations

General Water Safety
This presentation covers the following topics:
• The importance of water safety education and learning how to swim
• General water safety tips
• Watching children around water
• Water activities (such as pool parties) and safety
Presentation length: 32 minutes

Home Pool Safety
Teach participants what to be aware of and steps to take to keep their family and guests safe at a home pool. Demonstrate how to perform reaching, throwing and wading assists.
Presentation length: 30 minutes

Parent Orientation to Swim Lessons
Let parents know how best they can provide guidance, care, supervision, motivation and support as their children participate in Red Cross swim lessons offered at your facility.
Presentation length: 30 minutes

Rip Current Safety
After completing this presentation, participants will be able to:
• Recognize the dangers posed by rip currents.
• Explain steps to take to avoid and escape rip currents.
Presentation length: 30 minutes

Sun Safety
After completing this presentation, participants will be able to:
• Recognize the importance of being sun safe
• Explain steps to take to reduce exposure to ultraviolet (UV) rays
Presentation length: 30 minutes
Water Safety Today
After completing this presentation, participants will be able to:
• Describe risks associated with an aquatic environment and activities, such as drowning or head, neck and back injuries
• Describe how to recognize, prevent and respond to emergencies in, on and around water
• Recognize the importance of water safety training
• Explain steps to take to remain safe in, on and around various water environments, including oceans, lakes, rivers and water parks
• Describe appropriate safety practices and rules that should be in place and enforced at residential pools
• Demonstrate how to perform reaching and throwing assists
• Describe steps for preventing overexposure to the sun
• Describe how to prevent recreational water illnesses (RWIs)
Presentation length: 2 hours

Water Safety Tear Sheets
8 ½” x 14” pads of 50 tear sheets

Home Pool and Hot Tub Maintenance and Safety (English/Spanish)
Stock #: 651325 (Pack of 10 pads) | $78.72

Swimming Safely in Lakes, Rivers and Streams (English/Spanish)
Stock #: 651326 (Pack of 10 pads) | $78.72
Mission
The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors.

redcross.org/aquatics