



The PA Dutch Council in conjunction with the Red Cross are bringing a Lifeguarding Explorer post to Camp Mack pool in August!

If you have the desire to become a lifeguard for the 2017 Summer season and be able to work at a local pool, then this course is for you.

This post will be active throughout the year. Members will be asked to come back and take part and assist in programs throughout the year, and as an alumni base is built, the post members could be asked to assist with other future BSA swim programs.

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

The costs for this course is \$260 (which includes your Explorer post registration costs)

Prerequisites

1. Must be 15 years old on or before the final scheduled session of this course (which will be August 24th).
2. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breast stroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
3. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
4. Complete a times event within 1 minute, 40 seconds.
 - Start in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.

- Surface dive, feet-first or head -first, to a depth of 7 to 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 object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. Exit the water without using the ladder or steps.

Course dates

AUGUST 8,10,15,17,22,24

From 9am until 1 pm.

About the instructor: PJ Flick

PJ has been working with the American Red Cross for 37 years. She is a certified Emergency Medical Technician for the Commonwealth of Pennsylvania. PJ is a certified as a Lifeguard Instructor, Lifeguard Instructor Trainer, Water Safety Instructor, Water Safety Instructor Trainer, CPR pro Instructor, CPR I, Wilderness Instructor, Emergency Medical Responder Instructor and First Aid Instructor Trainer. She has spent a lot of time teaching for the American Red Cross; and also volunteering to be part of the supervisory committee that over sees chapter instructors and instructor trainers.

PJ currently works as an Aquatic Director for Chichester School District where she coached for the US swim team. PJ is a retired referee for US Swimming. PJ has 50 years with the Girl Scouts, and is a member of the Daughters of the American Revolution, very active within her church community.

PJ has received the American Red Cross John Degnan Water Safety Award, The Leadership Award, Hours of Service Awards, and the Outstanding Service Award from the Longfellow Society. PJ has also received many customer services awards and the Honorary Role Model for Youth presented by Delaware County Labor Board.

HOW TO REGISTER: RSVP to Rich Garipoli at the following:

Email: Richard.garipoli@scouting.org

Phone: 717- 5534203