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Ymca lifeguard written test answers

If you took the test 4 years ago, you should not be able to just retak the test, since the only one in the certificate is only 3 years. As it gets older, you'll have to take the whole class again. Ask the instructor if you can borrow his copy of the book for a day or two, or go to your local Y and talk to the water sports manager and see if they have one that you can use if you stay in the building. As for the questions surrounding the test, the random ones I remember are: list 4 ways to avoid a shark attackHow can someone quickly drown? Can you perform CPR while saving in the water? Describe the location of help. List 5 types of incidents leading to water damage. What is a typical spinal victim? List the parts of the spine. Describe the scanning techniques, which is wet drowning? What is dry drowning? What's the difference between an accident and a dangerous situation? List the trial process. What is neglect? What are the common precautions for contact with bodily fluids? What are the methods of controlling bleeding? YMCA OF WASHINGTON COUNTY This course aims to provide participants with the basic skills and knowledge needed for lifeguards in pools and in the aquatic environment. This comprehensive course provides up-to-date information on how to guard, anticipate and prevent problems and take action to help those in need. CPR, first aid and AED certificates are included in the cost of the programme. You have to be able to swim 1,000 feet. Lifeguards working 100 hours before July 1, 2021 at Kalona City Pool or Steele Aquatic Center will be compensated for the lifeguard certificate. AGE: 15+ WHEN: Saturday 5.12.2020 & Sunday 9am - 9pm & Sunday 9am - 5pm COST: \$185 WHERE: Washington Community YMCA Indoor Aquatics Facility 121 East Main St, Washington, Ia. 52353 REGISTRATION CALL: Washington YMCA 319-653-2141 MORE INFORMATION: Nick Gearhart at aquatics@washingtonty.org or nickgearhart@hotmail.com Limited to 10 attendees! AMERICAN RED CROSS YMCA OF WASHINGTON COUNTY This course aims to provide participants with new training on the basic skills and knowledge needed for lifeguards in pools and in the aquatic environment. The course provides up-to-date information on how problems can be guarded, anticipated and prevented, and measures taken to help those in need. CPR, first aid and AED certificates are included in the cost of the programme. You have to be able to swim 1,000 feet. Lifeguards must be certified again every two years. Lifeguards working 100 hours before July 1, 2021 at Kalona City Pool or Steele Aquatic Center will be compensated for their lifeguard certification. AGE: 15+ WHEN: FRIDAY DECEMBER 4, 2020 TIME: DECEMBER 16-2020 PRICE: \$85 WHERE: Washington Community YMCA Indoor Aquatics Facility 121 East Main St Washington, 52353 REGISTERED CALL: Washington YMCA 319-653-2141 MORE INFORMATION: Nick Gearhart at at or nickgearhart@hotmail.com limited to 10 participants! Branch dates Cost registration information Bryan YMCA will be announced later. \$200, including a pin pack, a CPR mask and a straw. We'll let you know later. Eden YMCA will be announced at a later date. We'll let you know later. We'll let you know later. The Hayes-Taylor YMCA will be announced at a later date. We'll let you know later. We'll let you know later. The Ragsdale YMCA will be announced at a later date. \$100 special offer for a maximum of 6 people per class. Reidsville YMCA will be announced at a later date. \$250 for YMCA members \$275 for Reidsville city dwellers \$300 for non-Reidsville city dwellers Refunds are granted only in the following circumstances: 1. Serious illness (including documentation) 2. Canceling a program category The payment of the course fee does not guarantee certification. Once the course is successful, you will receive a YMCA Lifeguard certificate. The YMCA lifeguard certificate for basic community and emergency assistance is valid for two years. You also deserve certification for a CPR BLS/AED professional rescuer who is valid for one year, first aid and providing emergency aspen. YMCA Lifeguard certification is only valid if all required certifications are kept up to date. After a year, you will need to renew the CPR BLS/AED Professional Rescuer certification and submit the evidence to the YMCA in the U.S. yexchange.org; LINK and then go to the LCDC (Learning and Career Development Center) to keep your YMCA lifeguard certification period. Y believes that preventing an accident and saving a life is worthy of the training and dedication necessary to become a competent lifeguard. YMCA-certified lifeguards have a serious responsibility to prevent accidents and deal with emergencies appropriately. It is imperative that lifeguards and water safety assistants are physically trained, mentally vigilant and have the maturity to safely guard the water area. We expect you to show your maturity always during classroom and pool teaching: Attending ALL class, pool and practice sessions. Arrival quickly and prepared with a photo ID or other age certificate. Presenting a positive attitude and polite class behavior. Booking an appointment with a instructor when you have difficulty understanding the material presented or if you have special testing needs. To attend a YMCA lifeguard course, you must meet the following conditions:Be at least 16 years old by the last day of the scheduled course. Pass the following physical qualification requirements (to be performed in class on day one): Step 1 – Running water 2 minutes – Swim 100 meters front indexing Step 2 – Swim 50 yards each: Front crawl upSidestroke YMCA Lifeguard V6 instructor resource guide 6BreaststrokeBreaststroke head upElementary backstroke Kick with hands on your chest – Perform the first surface dive of your feet at a depth of 8-3 meters (or maximum depth of the training facility). Then swim underwater 15 feet. Step 3 – Participants start at the shallow end of the water and perform the following actions: Sprint about 20 feet, and then perform an arm surface dive at a depth of 8-3 meters (or maximum depth of the training facility). Lift the object (diving ring) from the bottom, surface and tread water of the pool for at least 1 minute with only feet, then replace the object back to the bottom of the pool where it was found. Surface and swim the remaining length to the end of the pool and lift yourself out of the water without using a ladder or other help. Immediately start squeezing an adult manikin for 1 minute or 100 squeezes; stand and listen to instructions from the instructor. The Purpose of the American Red Cross Lifeguard Course is to provide entry-level lifeguards with the knowledge and skills to prevent, identify and respond to water emergencies and to treat respiratory and heart emergencies; injuries and sudden illnesses until emergency medical personnel take over. Our lifeguard courses are mixed learning lessons. To combine learning lessons, you must complete online pre-work before the first class day. The online part of this category lasts 4-6 hours. Once you've signed up for the category, you'll be sent a link to the category. Course requirements:To enroll in a lifeguard course, you must be at least 15 years of age before the last scheduled course session. Participation in the course requires a prerequisite assessment, which includes the following:Swim for 300 yards continuously showing breathing control and rhythmic breathing. You can swim using front crawling, breaststroke or a combination of both, but swimming in the back or side is not allowed. Swimming goggles can be used. Tint water for 2 minutes using only your feet. Run the scheduled event within 1 minute, 40 seconds. Starting with the water, swim 20 meters. Your face could be in water or water. Swimming goggles are not allowed. Surface diving, feet first or head first, to a depth of 7-3 meters to retrieve a 10-kilogram object. Return to the surface and swim 20 meters to your back to return to the starting point with both hands attached to the object while keeping your face on or near the surface so you can breathe. You shouldn't swim the distance underwater. Leave the water without using ladders or stairs. In order for the course to be completed successfully, you must participate in the entire course, participate in all skill sessions/exercises, activities and scenarios, demonstrate competence in all necessary skills and scenarios, and pass written tests with a minimum value of 80 %. Practice sessions require strenuous exercise. You are advised to check with your healthcare professional before attending training events. If there is a medical condition or disability that may prevent participation in the activities, or there are questions about participating in a lifeguard course altogether, please contact me to discuss this before the course starts. After successful completion of the course, learners will receive a 2-year digital Lifeguard/First Aid/Resuscitation/AED certificate, CPR Pro is only good for 1 year. Course fees: American Red Cross lifeguard, full course: \$275.00 for members, \$380.00 for non-members American Red Cross lifeguard, re-certification course: \$150.00 for members, \$225.00 for non-membersAmerican Red Cross LGI upgrade course: \$75.00 for all participants Responsibilities: Actively scan, identify and provide rapid response in all emergencies Prevent accidents and minimize or eliminate dangerous situations Monitor pool policies and procedures Manage first aid if necessary Qualifications: Current YMCA or American Red Cross Lifeguard Training Certificate Current Recovery/AED/Professional Rescuer, Oxygen Administration, Oxygen Administration and first aid certifications High School degree or similar Application Lifeguard Jobs About YMCA Lifeguard Class Components Course and certification includes the following components: Resuscitation/AED professional rescuer Basic first aid Oxygen management Y Lifeguard Classroom Pool/Water Skills Time eLearning Time Breakdown of Classroom Classroom Learning : 15 hours Water/pool skills: 13 hours e-learning: 9 hours Total time : 37 hours All sessions must be attended. Delays of more than 15 minutes do not count without attending. Each component has a physical skill and a written exam. The completion of sports skills is mandatory to take a written test. Passing the grade is 80% in written exams. YMCA Lifeguard Class Conditions To enroll in a YMCA lifeguard course, the following conditions are required: Persons aged 16 years and over (proof required) Pass the following physical qualification requirements, completed before the course proves: Part I Tread water 2 minutes (feet only) Swim 100 meters front crawl part II Swim 50 meters each: Front crawl head up Sidestroke Breaststroke Breaststroke head up Primary backstroke kick hands to chest Perform foot-first surface diving at a depth of 8-3 meters (or maximum depth of training mode) and then swim underwater 5 feet. Part III Participants start in the water in a low sprint at a distance of approximately 20 metres and then perform an arm surface dive at a depth of 8-3 metres (or maximum depth of the training site) Pick up the object bottom of basin, surface, tread for at least 1 minute with only feet and replace the object back at the bottom of the pool, where it was found Swim the remaining length to the end of the pool and lift yourself out of the water Start immediately squeezing an adult manikin for 1 minute or 100 presses; stand and listen to instructions from the instructor Upcoming hours 13.-17.4.2020 Location: Castle Hill YMCA 2 Castle Hill Avenue Bronx, NY Pre-test skills: Nominators available on Saturdays 3/14, 3/21 or 3/28, 1-2 PM \$30 non-refundable enrollment fee on reception course days: Monday, 4/13 Friday, 4/17 10 AM-6 PM all five days Must attend all sessions Course fee: Y Member: \$350 Community: \$450 Register: Nadia Arroyo Aquatics Directornarroyo@ymcanyc.org 212-912-2492 April 13-17, 2020 Location: Rockaway YMCA 207 Beach 73rd Street Avenne, NY Pre-test skills: Appointments available Mondays from 1pm to 6pm. Wednesdays from 1pm to 6pm or Saturdays from 12pm to 3pm \$30 not refundable registration fee in the reception register for the pre-trial exam on March 26. by Course Days: Monday, 4/13-Friday, 4/17 9 AM-6 PM all five days Must attend all sessions Course fee : Y Member: \$350 Community: \$450 Register: Heidi Ortiz Aquatics Directorhortiz@ymcanyc.org Dante Reidrei@ymcanyc.org April 14-17, 2020 Location: South Shore YMCA 3939 Richmond Avenue Staten Island, New York Pre-trial skills: Appointments available Mondays or Thursdays, 1 p.m. to 3 p.m. \$30 registration fee in the Reception Register for advance testing march 26. by Course Days: Tuesday, 4/14-Friday, 4/17 9 AM-8 PM all five days Must attend all sessions Course fee: Y Member: \$350 Community: \$450 Register: Matthew Greenfield Aquatics Directormgreenfield@ymcanyc.org 718-227-3200 April 26-June 6, 2020 Location: Broadway YMCA 651 Broadway Staten Island, New York Pre-trial skills: Appointments available Wednesdays from 5:30 p.m. to 6:30 p.m. or Fridays from 5 p.m. to 3 p.m. , 8, 13, 15, 20, 22, 27, 29 and 3 June, 6 On Wednesdays from 4:30 p.m. to 8:30 p.m. & Fridays from 3:30 p.m. to 7 p.m., all sessions must participate in the course fee: Y Member: \$350 Community: \$450 Register: Romulus Staton Aquatics Directorrstaton@ymcanyc.org 718-901-4933 May 26-June 4, 2020 Location: Coney Island YMCA West 29th Street Brooklyn, NY 11224 Pre-test skills: Meetings available Friday, 4/3 at 10am, Saturday 4/25am and Tuesday, 4/28am \$30 non-refundable registration fee Front Desk Course dates: Tuesday, 5pm /26-Friday, 5/29 and Thursday, 6/4 3-6 PM all five days Must attend all sessions Course fee: Y Member: \$350 Community: \$450 Register: Oytun Tangui Aquatics Directorotanguil@ymcanyc.org 718-215-6933 718-215-6933

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