

MAPS Red Cross Certification Classes

Babysitter Training

The primary purpose of the American Red Cross Babysitter's Training course is to provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about basic child care and basic first aid. This training is designed for youths ages 11 to 15. There are no prerequisites to this course.

- Course date: March 2nd 9am-4pm
- Cost: \$95

CPR/AED with First Aid for Professional Rescuers

The primary purpose of the American Red Cross CPR/AED for Professional Rescuers course is to teach those with a duty to act (professional rescuers) the knowledge and skills needed to respond appropriately to breathing and cardiac emergencies. This includes the use of an automated external defibrillator (AED) to care for a victim experiencing cardiac arrest. This course also includes basic first aid. This training is designed for youth and adults ages 13 and up. There are no prerequisites to this course.

- Course date: March 9th 9am-6pm
- Cost: \$100

Adult and Pediatric First Aid/CPR/AED

The primary purpose of the American Red Cross First Aid/CPR/AED program is to help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach participants the knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed. This program offers first aid, CPR and AED courses to meet the various training needs of a diverse audience. This training is designed for youth and adults ages 13 and up. There are no prerequisites to this course.

- Course date: March 10th 9am-4pm
- Cost: \$90

Water Safety Instructor

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. This training is designed for individuals ages 16 and up. The following prerequisites apply:

1. Swim the following strokes consistent with Learn to Swim Level 4 Stroke Performance Charts
 - Front crawl—25 yards
 - Back crawl—25 yards
 - Breaststroke—25 yards
 - Elementary backstroke—25 yards
 - Sidestroke—25 yards
 - Butterfly—15 yards
 2. Maintain position on back for 1 minute in deep water (floating or sculling).
 3. Tread water for 1 minute.
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- Course date: March 15th, 16th, 17th, 22nd, 23rd, 24th (5pm-9pm on Fridays, 9am-6pm on Saturday's and Sunday's)
 - Cost:
 - MAPS Student: \$85
 - Public: \$100

Lifeguarding Blended Learning

The primary purpose of the American Red Cross Lifeguarding course 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. This course is a blended learning course. There will be a 7 hour online portion that must be completed before the first class period. This training is designed for individuals ages 15 and up. The following prerequisites apply:

1. Swim 300 yards, continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
 2. Tread water for 2 minutes, using only the legs. Candidates should place their hands under the armpits.
 3. Complete a timed event within 1 minute and 40 seconds:
 - Starting in the water, swim 20 yards. Swim goggles are not allowed.
 - Surface dive, feet-first or headfirst, 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 in order to breathe (or to get a breath).
 - Exit the water without using a ladder or steps.
- Course dates:
 - March 18th-22nd 9am-2pm
 - April 5th-7th 9am-6pm
 - Cost:
 - \$90 student
 - \$120 public

Lifeguard Review Course

The purpose of a review course is to give individuals the opportunity to review the course content within a formal course setting and to renew their certification. The review course format optimizes a participant's ability to successfully complete the knowledge and skills evaluations. The responsibility for preparing for the final written exam is shared by the instructor and the participant. Participants must have a current lifeguard certification or a certification that is expired by no more than 30 days.

- Course dates: June 15th 8am-8pm
- Cost:
 - MAPS employee: Free
 - Public: \$40

Lifeguard Instructor Course

The primary purpose of the American Red Cross Basic Lifeguarding Instructor Course is to train instructors to teach the basic-level American Red Cross Lifeguarding courses. This training is designed for individuals 17 and up who possesses a current basic-level certification in Lifeguarding/First Aid/CPR/AED. The following prerequisites apply:

1. Has successfully completed the online Introduction to the Lifeguarding Instructor Course prior to the pre-course skills session via the class roster and online content completion status report.
 2. Successfully complete the precourse session. You will participate in a skills assessment that will evaluate your lifeguarding, first aid, CPR and AED skills and a water rescue skills practice and polish session. All skills must meet the standards.
- Course dates: March 18th-22nd 3pm-8pm
 - Cost: \$250

Lifeguard Instructor Review Course

The Lifeguarding Instructor/Instructor Trainer review course is an abbreviated recertification course for currently certified instructors and instructor trainers. The purpose of the course is to allow participants to review the course content and practice skills in a formal class setting and complete the final written exam.

- Course date: March 30th 8am-8pm
- Cost: \$65

Dates and times are subject to change. Space is limited to a maximum of 10 students per class. Classes also have a minimum number of participants needed to run. Classes with not enough participants will be cancelled one week prior to the start of the class. All class fees will be collected on the first day of class. Students who do not complete all requirements of the class will not receive a refund.

E-mail Cherish Hoy with any questions: cherish.hoy@maps.k12.wi.us

Sign-up for classes at: <https://goo.gl/forms/xO5TB8sr5UjhCLZx1>