

News concerning the NEW ARC Lifeguarding Class:

By George Young February 05, 2012

Reviewing and reviewing even more the new Lifeguarding class offered by the ARC has been a very interesting experience. The concept of blending the science of lifeguarding with the input of professional lifeguard organizations has created great up-grades and enhanced the class.

I will highlight of a few of the things that stand out most to me:

- The new class will not offer a challenge course. It will offer a review class that will be 13 hours long. Sorry!!!! So current lifeguards get ready for a 13 hour class reviewing and learning new skills. (The reason for not offering a challenge class is that lifeguards, in the eyes of the ARC, should be drilled on the basics every two years. Also some agencies are expecting the lifeguards to be fit and ready with little staff training sessions and this review course will be a great tune-up for all lifeguards. It will streamline the process of keeping the lifeguards fit and will help agencies greatly with declining budgeting for staff training crisis most agencies are facing.)
- Spinal injury management has taken a turn in a whole new direction. Less spinal injury management skills will be taught and more time spent on rescue breathes while victim is in the water.
- Scanning the pool will be highlighted and cleverly introduced throughout the class.
- ARC recommends the lifeguarding class be taught and the fee be \$350.00. (The City of San Gabriel and SGSG will see about that.....fees for City employees and the SGSG family will be alot cheaper than \$350.00)
- The ARC has also encouraged instructors to bank the text books and check them out to their students to help save money for the students. Online downloads are also available.

SGSG is currently working on dates for classes and will release class info by Feb. 15th or sooner.