



POWELL WELLNESS CENTER

Culpeper Wellness Foundation

Shallow Water Lifeguarding Training at Powell Wellness Center

We are offering Shallow Water Lifeguard Training for anyone with interest in working as a lifeguard at Powell Wellness Center (PWC).

You must be 16 years or older to be employed by PWC.

There are three elements to the lifeguard training and all must be completed with a pass:

1. Swim pre-requisites:

- Swim 100 yards continuously, demonstrating breath control and rhythmic breathing. You 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.
- Tread water for 2 minutes, using only the legs. Candidates should place their hands under the armpits.
- Complete a timed event within 50 seconds:
 - Starting in the water, swim 20 yards using the front crawl or breaststroke. Your face may be in or out of the water. Swim goggles are NOT allowed.
 - Submerge to a depth of 6 feet to retrieve a 10-pound object, return to the surface and walk or swim 20 yards to return to the starting point with both hands holding the object at the surface of the water.

2. Once you have registered with Powell, an email will be sent to you with information to register with the American Red Cross and a link to access the online portion of the course. This must be completed and a copy of the pass brought to your first day of training. The training will be done on a Saturday and Sunday, 8:00am to 6:00pm. Training will consist of being a lifeguard, rescues and CPR/FA/AED training (this CPR/FA/AED training is for lifeguards).

3. You will need to complete a multiple choice exam with an 80% pass rate to complete the requirements for a Lifeguard Certification.

Please do not hesitate to contact me should you have any further questions regarding the training. I look forward to seeing you.

Many thanks,

Stacey Aucoin

Aquatics Manager, Lifeguard Instructor

540-445-5383, saucoin@culpeperwellness.org

(2/2024)