

TYLERLIFEGUARD

Hello, this is Randy (TYLERLIFEGUARD) Lifeguard Instructor and Instructor Trainer. I am a former US Marine, A former Police Officer and now I work in the world of medicine as a Nursing Supervisor with ER, Trauma, ICU and many other areas of specialization. I also teach medical students at our colleges in Tyler.

I would like to welcome you to the American Red Cross Lifeguard Training course conducted by the instructors of TYLERLIFEGUARD. Prepare to work hard and have a lot of fun doing so! When you finish the course, you will have everything you need to work as a lifeguard. Please dress comfortably and have both classroom attire and swimming attire.

Please bring lots of snacks and drinks; we usually have a working lunch on Saturday and Sunday. We will usually order pizza or something else, and everyone that wants to, just chips in for their part. Please bring money (\$5) or lunch each day.

You will need something to write on and with. Sunglasses and sun block are always a good idea along with a good pair of swim goggles. If you wear contacts, please try to use your glasses on this weekend, but if you must wear contacts then you will likely need goggles to protect them while in the water. The course is a combination of classroom and in-water training. We will not be in the water on the first day of class, but will on Sat and Sun. You will need to bring the payment in cash, check or money order, made out to Randell Plaza to class on Friday when we register. You also **MUST** have you own personal email address. Not your parents or anyone elses. It must not be associated with your school or any other employer. You must have full ownership of that email address. Red Cross will create a Professional Emergency Medical Responder profile for each and every one of you utilizing your email address. You are earning a License to work in Emergency Medical Response!

Please plan on dedicating your full attention and energy to class. We always have a great time, but we also work fast and hard so we can get it done in just one

weekend. No promises, but if everything goes as planned, we usually end Sat/Sun before the posted end time. Expect to be challenged! What good would this training be if you did not experience growth! Each student will have the benefit of the knowledge and experiences of their instructors. I will help you learn how to function in chaotic emergency situations. That takes hard training, so be prepared!

You will need to drink plenty of water or sports type drinks leading up to and during the course to prevent dehydration and cramping muscles and such. Eat healthy as well. I always recommend eating bananas to keep from cramping up. Get plenty of rest. You will need it especially on Sat/Sun when we do most all of our water and first aid training. Remember, we have a great time, and we work hard! To be a lifeguard, you don't need to be a great swimmer, you need to be committed to helping others. I will help you learn the main swim strokes that we use in lifeguarding and then it's up to you to develop those skills to the level you desire.

I recommend that you pay close attention to the weather forecast prior to the class start date. If you know it is going to be colder than you like, you can wear a "shortie" for the in-water training. You can find shorties at places such as Academy, Walmart, or most sporting goods stores. This is a short sleeved/short legged wetsuit. They are usually about \$20-\$40. These are what you see a lot of water skiers, scuba/snorkelers and wake boarders wearing. We allow these wetsuits only during the colder times of the year. However, after the 3rd week of April, we will not be using them.

A lifeguard typically makes \$320-\$450 a week during the summer if they work full time. The course fee is only \$265. If you do not have a job lined up already, I will be glad to help you find one. Employers start looking for summer staff right after the New Year. They usually hire the first ones to apply as long as they already have their certifications. By getting this done now, you have the best chance to get the best jobs out there. Don't forget, many of you have graduations, proms, or other end of year events that are gonna be kicking off just when most of the hiring and training will be taking place. So many of the folks that wait to do the training run into all of the schedule conflicts as I mentioned and never do take the training or if they do, they end up with the lower paying jobs, limited hours,

inconvenient schedules, poor work locations, etc... if you would like to included in the extra job posting alerts, friend me on FB (RANDELL PLAZA) and join LIFEGUARD RAP. I post various jobs that come up. Guards are usually making at least \$25 per hr on these extra jobs.

I know it sounds like I am urging you to take this class now, and I am. It will only benefit you in that you will be able to do all the things you want to do related to school and still have the greatest opportunity to secure the best jobs available. Plus, with TYLERLIFEGUARD, you are getting the best training at the lowest price, and having the most fun doing it! See ya soon!

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