

BGSU | RECREATION and WELLNESS

Health and Safety Class Schedule Fall 2009

CPR/PR - AED CHALLENGE

The CPR Challenge is a refresher class that reviews skills learned in the full course. Class length is 4 hours; 2-year certification; resuscitation mask and book not provided.

RecWell Employee - \$5 BGSU Students & SRC Members - \$35 Non-Members - \$40

1. Thursday, August 27 5:00pm to 9:00pm
2. Monday, September 14 5:00pm to 9:00pm
3. Wednesday, September 23 5:00pm to 9:00pm
4. Saturday, September 26 12:00pm to 4:00pm
5. Saturday, October 17 12:00pm to 4:00pm
6. Wednesday, November 4 5:00pm to 9:00pm
7. Sunday, November 15 1:00pm to 5:00pm

CPR/PR FULL COURSE (Full Course, not a challenge)

The CPR Full Course is a 2-year certification. (Certification for lifeguards is 1 year.) Class length is 8 hours; includes adult, child and infant skills, the role of the professional rescuer, disease transmission prevention, use of a pocket mask and two rescuer skills; book and pocket mask included.

RecWell Employee - \$30 BGSU Students & SRC Members - \$55 Non-Members - \$60

1. Saturday, August 29 10:00am to 6:00pm
2. Saturday, September 12 10:00am to 6:00pm

****Must enter through the back doors (employee parking/camp entrance) as building does not open until 12:00pm**

SPORTS SAFETY TRAINING (First Aid) FULL COURSE

Standard First Aid is a 3-year certification. Class length is 4 hours; includes American Red Cross reference book.

RecWell Employee - \$20 BGSU Students & SRC Members - \$35 Non-Members - \$40

1. Sunday, August 30 12:00pm to 4:00pm
2. Sunday, September 13 12:00pm to 4:00pm

LIFEGUARD TRAINING FULL COURSE

Become an American Red Cross certified lifeguard. This class includes a 3-year certification in lifeguarding and first aid; and a 1-year certification in CPR/AED. Resuscitation mask and book provided. You **MUST** be at least 15 years old and pass a pre-course swimming challenge the first day of class to qualify for the course (includes: 300-yard swim consisting of the front crawl and breaststroke, retrieve a 10 lb. brick from deep water). Training is approximately 37 hours. Women must wear a one-piece suit and men must wear draw string swim trunks.

RecWell Employee - \$75 BGSU Students & SRC Members - \$150 Non-Members - \$155

1. September 27, October 4, 18, 25 and November 1, 8 12:00pm to 6:00pm

****This course will be held on Sundays. Attendance at all classes **mandatory** for certification purposes.**

LIFEGUARD RECERTIFICATION COURSE

8-hour training. Must pass skills and exam with no review. Renews your LGT certification and FA certification for 3 years, and your CPR/AED certification for 1 year. Does not include book and mask.

RecWell Employee - \$10 BGSU Students & SRC Members - \$70 Non-Members - \$75

****We will be offering our recertification courses Spring semester.**

****We reserve the right to cancel any class that does not have 3 or more participants signed up the day before the class is scheduled to be taught.**

Sign up for these classes at the front desk at the Student Recreation Center or call 419.372.2000. **Payment for any course is required at the time of sign up.** Provide current phone and email information at the time of sign up. If you have any questions, please email Micha Seither at smicha@bgsu.edu.

Student Recreation Center • 419.372.2000 • www.bgsu.edu/recwell