

# HEALTH AND SAFETY

## CERTIFICATION CLASSES 2011/2012

### **Basic First Aid Full Course**

Basic First Aid teaches participants the knowledge and skills necessary to give basic first aid care in an emergency situation and help sustain life and minimize the consequences of injury or sudden illness until medical help arrives. This certification is required for all Recreation and Wellness student employees and various other positions on campus. There are no prerequisites. This certification is valid for 2 years. Class materials must be obtained using the directions below.

**Recreation and Wellness Student Employee - \$40.00 BGSU Student and SRC Member - \$50.00 Non-Member - \$55.00**

#### **Fall Semester**

Wednesday, September 7, 2011 – 5:00 – 9:00 PM  
Tuesday, September 13, 2011 – 5:00 – 9:00 PM  
Wednesday, November 9, 2011 – 5:00 – 9:00 PM

#### **Spring Semester**

Wednesday, January 18, 2012 – 5:00 – 9:00 PM  
Wednesday, April 11, 2012 – 5:00 – 9:00 PM  
Tuesday, April 17, 2012 – 5:00 – 9:00 PM

### **Basic First Aid Challenge**

Basic First Aid challenge is a re-certification course that renews their first aid certification for 2 years. Review is minimal so participants should review prior to attending a challenge. Course materials can be obtained using the directions below.

**Recreation and Wellness Student Employee - \$30.00 BGSU Student and SRC Member - \$40.00 Non-Member - \$45.00**

#### **Fall Semester**

Tuesday, September 6, 2011 – 5:00 – 9:00 PM  
Wednesday, September 14, 2011 – 5:00 – 9:00 PM

#### **Spring Semester**

Tuesday, January 17, 2012 – 5:00 – 9:00 PM  
Tuesday, April 10, 2012 – 5:00 – 9:00 PM  
Wednesday, April 18, 2012 – 5:00 – 9:00 PM

#### **To Obtain Course Materials Required for First Aid:**

- Visit the American Red Cross website at [www.RedCross.org](http://www.RedCross.org)
- Select the Blue "Take a Class" tab at the top right of the page
- Select **Workplaces, Schools and Individuals** in the center of the page
- Select **First Aid/CPR/AED** in the center of the page
- Open the **Participant's Handbook** by selecting the link listed under **Materials**
- Only pages 1-27 and 72-175 are needed for this course

### **CPR for the Professional Rescuer with AED Full Course**

The CPR with AED for the Professional Rescuer teaches participants to respond to breathing and cardiac emergencies in adults, children and infants, use an AED on an adult or child victim of cardiac arrest and use personal protective equipment to stop bloodborne pathogens and other diseases from spreading. There are no prerequisites. This certification is valid for 2 years. Pocket mask is included; class materials must be obtained using the directions below.

**Recreation and Wellness Student Employee - \$55.00 BGSU Student and SRC Member - \$75.00 Non-Member - \$80.00**

#### **Fall Semester**

Sunday, September 18, 2011 – 12:00 – 8:00 PM  
Saturday, September 24, 2011 – 10:00 AM – 6:00 PM  
Saturday, November 19, 2011 – 10:00 AM – 6:00 PM

#### **Spring Semester**

Saturday, January 28, 2012 – 10:00 AM – 6:00 PM  
Sunday, April 29, 2012 – 12:00 – 8:00 PM

### **CPR for the Professional Rescuer with AED Challenge**

The CPR with AED challenge is a re-certification course that renews their CPR with AED for the Professional Rescuer certification for 2 years. Pocket mask and handbook are NOT included. Review is minimal so participants should review prior to attending a challenge. Course materials can be obtained using the directions below.

**Recreation and Wellness Student Employee - \$30.00 BGSU Student and SRC Member - \$40.00 Non-Member - \$45.00**

#### **Fall Semester**

Thursday, September 8, 2011 – 5:00 – 9:00 PM  
Friday, September 16, 2011 – 5:00 – 9:00 PM

#### **Spring Semester**

Thursday, January 26, 2012 – 5:00 – 9:00 PM  
Thursday, April 19, 2012 – 5:00 – 9:00 PM  
Friday, April 27, 2012 – 5:00 – 9:00 PM

#### **To Obtain Course Materials Required for CPR/AED:**

- Visit the American Red Cross website at [www.RedCross.org](http://www.RedCross.org)
- Select the Blue "Take a Class" tab at the top right of the page
- Select **First Aid-CPR-AED** from the list on the left navigation
- Select **Professional Responders** in the center of the page
- Select **CPR/AED for Professional Rescuers and Health Care Providers** in the center of the page
- Open the **Handbook** by selecting the link listed under **Materials**

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### **Lifeguard Training Full Course**

Lifeguard Training teaches participants how to react in an aquatic emergency based on American Red Cross standards along with certification in Sports Safety Training and CPR/AED for the Professional Rescuer. To take this course, participants must be at least 15 years old and be able to swim 300 yards. Also, participants must be able to swim 20 yards, retrieve a 10 lb. object from deep water and swim back with the brick within 100 seconds. This Lifeguard/First Aid and CPR/AED certification is valid for 2 years. Pocket mask and handbook are included. Women must wear a one-piece suit, and men must wear draw string swim trunks.

**Recreation and Wellness Student Employee - \$100.00 BGSU Student and SRC Member - \$160.00**  
**Non-Member - \$175.00**

#### **Fall Semester**

##### **Session 1**

Saturday, October 1, 2011 – 10:00 AM – 6:00 PM  
Sunday, October 2, 2011 – 12:00 PM – 8:00 PM  
Saturday, October 8, 2011 – 10:00 AM – 6:00 PM  
Sunday, October 9, 2011 – 12:00 PM – 8:00 PM

##### **Session 2**

Saturday, November 5, 2011 – 10:00 AM – 6:00 PM  
Sunday, November 6, 2011 – 12:00 PM – 8:00 PM  
Saturday, November 12, 2011 – 10:00 AM – 6:00 PM  
Sunday, November 13, 2011 – 12:00 PM – 8:00 PM

#### **Spring Semester**

##### **Session 1**

Saturday, February 4, 2012 – 10:00 AM – 6:00 PM  
Sunday, February 5, 2012 – 12:00 PM – 8:00 PM  
Saturday, February 11, 2012 – 10:00 AM – 6:00 PM  
Sunday, February 12, 2012 – 12:00 PM – 8:00 PM

##### **Session 2**

Saturday, April 14, 2012 – 10:00 AM – 6:00 PM  
Sunday, April 15, 2012 – 12:00 PM – 8:00 PM  
Saturday, April 21, 2012 – 10:00 AM – 6:00 PM  
Sunday, April 22, 2012 – 12:00 PM – 8:00 PM

#### **Summer Semester**

##### **Session 1**

Monday, May 14, 2012 – 5:00 – 9:00 PM  
Tuesday, May 15, 2012 – 5:00 – 9:00 PM  
Wednesday, May 16, 2012 – 5:00 – 9:00 PM  
Thursday, May 17, 2012 – 5:00 – 9:00 PM

Monday, May 21, 2012 – 5:00 – 9:00 PM  
Tuesday, May 22, 2012 – 5:00 – 9:00 PM  
Wednesday, May 23, 2012 – 5:00 – 9:00 PM  
Thursday, May 24, 2012 – 5:00 – 9:00 PM

### **Lifeguarding Challenge Course**

The Lifeguard challenge is a re-certification course for individuals who are looking to renew their Lifeguard certification. To take this course, participants must hold a valid American Red Cross Lifeguard certification and pass skills and exam with no review. This course renews Lifeguard/First and CPR/AED certification for 2 years. Does not include handbook and pocket mask. Review is minimal so participants should review prior to attending a challenge. Course materials can be obtained using the directions below.

**Recreation and Wellness Student Employee - \$50.00 BGSU Student and SRC Member - \$90.00**  
**Non-Member – \$100.00**

#### **Fall Semester**

Saturday, September 17, 2011 – 10:00 AM – 6:00 PM  
Sunday, September 25, 2011 – 12:00 – 8:00 PM

#### **Spring Semester**

Saturday, January 21, 2012 – 10:00 AM -6:00 PM  
Saturday, April 28, 2012 – 10:00 AM -6:00 PM

#### **To Obtain Course Materials Required for Lifeguarding:**

- Visit the American Red Cross website at [www.RedCross.org](http://www.RedCross.org)
- Select the Blue "Take a Class" tab at the top right of the page
- Select **Lifeguarding and Swimming** from the list on the left navigation
- Select **Lifeguarding** in the center of the page
- Select **Lifeguarding** in the center of the page
- Open the **Lifeguarding Manual** by selecting the link listed under **Materials**

### **Registration**

Participants may register at the Student Recreation Center Front Desk or call 419.372.2000.

Payment for all courses is required at the time of registration. Please provide current phone and email information at the time of sign up.

Full Course CPR/First Aid and Lifeguarding participants are expected to obtain course materials prior to attending a course as print materials are not provided. Participants also have the option of ordering handbooks online by following the appropriate directions above and selecting **Purchase printed materials** under the **Materials** heading.

Recreation and Wellness reserves the right to cancel any class that does not have at least 5 or more participants registered the day before a class is scheduled to take place. If a class is cancelled, participants are notified one day prior, assuming current contact information has been provided.

Contact Micha Alt with questions at [smicha@bgsu.edu](mailto:smicha@bgsu.edu) or 419.372.7482