

Cambridge Community Activities Program
Safe Return - COVID-19 Program Modifications

Last Updated: 8.20.2020

Name of Program: Lifeguard Certification Course	
Program Summary: Take this course and become an American Red Cross certified lifeguard. Courses will likely be a blended learning format with majority of the course's book work happening online.	
Current state orders affecting this program: Dane Co.Public Health Order #8 - all individuals must wear masks when inside, maximum group size of 10 (indoors) and 25 (outdoors) will be permitted, physical distancing must be maintained, no competitions	
Scheduling:	*Certification classes may be altered to a blended learning course to allow for less required face-to-face interaction. Blended learning courses require participants to complete course work online prior to hands on skills training. Course dates/times may shift slightly.
	*15 minutes will be scheduled between each pool activity.
	*Participants are asked to arrive no earlier than 5 minutes before their scheduled practice.
Facility Entrance:	*Participants will enter through the "Pool Entrance" doors located on the northeast side of the building.
Participant Areas:	*Pool Deck *Bleachers *Locker Rooms
Participant Limitations:	* All participants must self screen for a temperature of 100.4 or higher or any other COVID-19 symptoms and are not allowed to attend if exhibiting * Participants are not able to attend if they have been exposed to a positive case of COVID-19 for 14 days from the exposure and must be symptom free for 72 hours * Participants should arrive 'swim ready' (dressed in their swimming attire and no more than 5 minutes from the start of their class/program)
Food & Hygiene:	*No food is permitted on the pool deck, only water. *Participants must bring their own water bottle, the shared water fountain will only be available for filling/refilling individual containers. *Participants are asked to hand sanitize upon entry to the facility. Hand sanitizer will be located at the entrance to the pool.
Personal Equipment:	*Participants are asked to bring their own equipment (as needed); goggles, fins, kickboards, pull bouys, paddles, etc.. NO pool owned equipment will be provided. *Participants will be provided with their own whistle, cpr pocket mask to keep and assigned a manikin for training purposes for the duration of the class. *All individuals must wear a mask/face covering while on the pool deck and in the facility up to the point of entering the water.
Shared Equipment:	*Participants will have their own personal equipment but share training items such as backboards. These items will be disinfected after each training session.
Physical Distancing Participants:	*Participants are asked to socially distance 6' from one another at all times while in the facility.
Spectators:	*No spectators allowed for this activity.
Coaches/Volunteers:	*A lifeguard instructor will be present onsite for all class meetings.
Support Staff:	*CAP Head Lifeguards and Lifeguards will act as onsite supervisor for all activities in addition to program specific coaches and instructors.