

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

Last Updated: 11.23.2020

Status: ON HOLD

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 #10 - all individuals must wear masks when inside, indoor gatherings of any size prohibited. Outdoor gatherings limited to 10 people. Organized programs and activities which bring people from different households together at the same time, for the same activity are prohibited.

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 temperatue 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/porgram
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.