

## Much More Than Just Saving Lives

Not many students were aware of the lifeguard training class offered as a physical education credit. Taking freshman gym, being at least 15 years of age, and having reasonably strong swimming skills were the prerequisites for the class. In other words, unless you were interested in swimming more than the average person, and were not taking the class for the usual "easy-A" gym credit, then it was not recommended.

Most students took the class to receive their lifeguard certificate through the American Red Cross. After attaining the certificate, students applied for summer lifeguarding jobs at places such as: Harper's Point Swim Club, the Beach, or Waterworks at Kings Island.

Instructors Mark Sullivan or Val Lyons recommended students who they felt were qualified for the job. "I was really prepared to take on the responsibilities of a lifeguard when I was recommended for my job at Waterworks," said senior Stacy Patterson.

During class, the students learned lifeguarding skills through workbooks, which was followed by demonstrations of the skill. Then, they practiced the skill with one student pretending to be the victim, and the other, the rescuer. The

students must pass all the physical tests given on these skills and the final written exam.

Although the class was hard work, students who have taken it also had fun. Junior Kirsten Hansen said "It was really a challenge, but we feel we accomplished something, and got more out of it than a gym credit while having fun at the same time."

After taking the class, the students must have obtained their C.P.R. and first aid certificates to receive their lifeguard certificate.

In the end, though, the teacher had the final say in whether the student is mature enough or not to have earned their lifeguard certificate. Lyons said, "If we feel that a student's maturity level is such that he could not make the proper decision in

emergency situations, we would not issue him his certification."

The C.P.R. and first aid skills the students learned are useful for more than their lifeguard certificates. They also learned how to prevent accidents, especially when they recognize a potential victim, like an elderly person or a small child. Senior Sandy Ritchie summed up that, "It's a worthwhile skill—it makes you comfortable in knowing you can save the life of another person, in or out of a swimming pool scene."

by Shaney Evans

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**-Kirsten Hansen**



In their Outdoor Rec class, Kristie Bowman and Matthew Eulberg take careful aim while Michael Whatley and Rob Behrendt look to see if they hit the target.



Kathrin Hradil, Christine Dove, and Kim Weissenberger get a pretty tough workout in their aerobics class.

