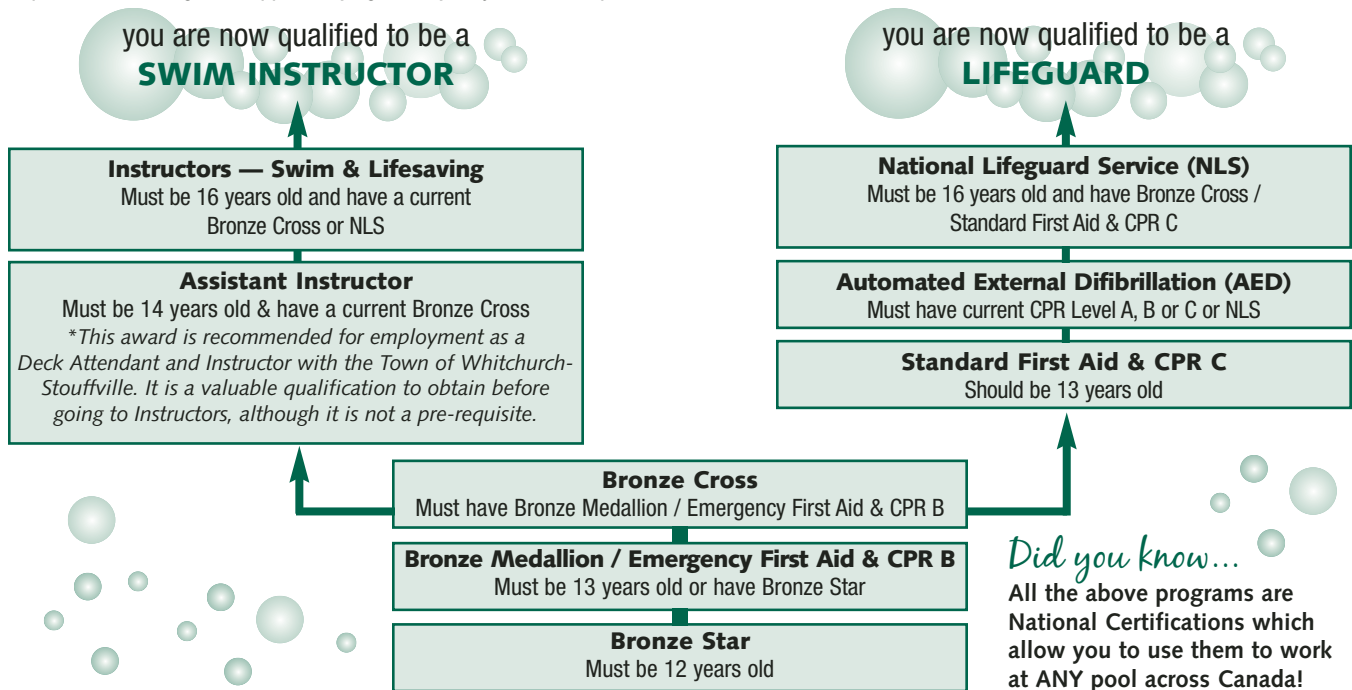


Become a Lifeguard & Swim Instructor

Here's How...

Take a look into the exciting world of aquatics as a part-time career with a difference. As a lifeguard/instructor in aquatics you may secure a great summer job and a part-time position while you attend school. Aquatics is a fun, rewarding experience. Work with people and gain valuable "life skills". Experience, challenge and opportunity...grow in your job and as a person.



aquatics

New!

Summary of CPR steps for adults, children and infants - CPR Levels A, B, and C

New!

CPR	Adult (8 years of age and older)	Child (1-8 years of age)	Infant (Less than one year of age)
Establish unresponsiveness	Phone EMS right away	If you are alone, phone EMS after giving five cycles of CPR	
Open airway	Use head-tilt/chin-lift		
Check breathing: if victim is not breathing, give two breaths that make the chest rise	Open the airway; look, listen, and feel Take at least five seconds and no more than 10 seconds		
First two breaths	Give two breaths (one second each)		
Start CPR	Immediately start CPR if victim is unresponsive and not breathing after giving two rescue breaths		
Compression location	Centre of breastbone between nipples		Just below nipple line on breastbone
Compression method	Two hands: heel of one hand, other hand on top (or one hand for children)		Two fingers: middle & ring
Compression depth	1.5-2 inches or 4-5 cm	1/3 to 1/2 depth of chest	
Compression rate	100 per minute		
Compression ventilation ratio	30:2 (One- or two-rescuer CPR)		

NEW GUIDELINES NOW IN EFFECT