

Red Cross to train lifeguard instructors

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The Colonial Crossroads Chapter of the American Red Cross is offering a Lifeguard Instructor course during the week of Monday, Dec. 20, to teach candidates the skills necessary to teach lifeguard training, first aid, and professional-level cardiopulmonary resuscitation (CPR) and the use of an automated external defibrillator (AED).

All classes will be conducted at the Berkeley Swim School at 215 Springfield Ave. in Berkeley Heights, from 9 a.m. to 6:30 p.m. Monday, Dec. 20, through Thursday, Dec. 23.

Participants must attend all sessions and must be at least 17 by the final day of the class to be eligible for certification.

Certified To Teach

Certification entitles participants to teach a number of classes, including “Lifeguard/First Aid;” “Professional Rescuer CPR/AED;” “Oxygen Administration;” “Safety Training for Swim Coaches,” and “Epi Pen.” The cost of \$350 covers all materials.

“This is a very valuable class for area pool managers who will then have the certification necessary to teach their own staff on critical lifesaving practices,” noted Leigh Pafford, preparedness manager for the Colonial Crossroads Chapter.

“We will not be offering this class again before summer, so now is the opportunity to take advantage of this training session,” said Pafford.

To register, call Pafford at (908) 273-2076, or register online by visiting www.ccnjredcross.org and check “Course Schedule.”

Based in Summit, the Colonial Crossroads Chapter of the American Red Cross serves Summit, Madison, Chatham Borough, Chatham Township, Florham Park, East Hanover, Long Hill Township, Berkeley Heights, New Providence and Springfield Township.