



Inland Northwest Chapter
315 W. Nora
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News Release
NEWS RELEASE

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Red Cross Hosts Annual Aquatics Safety Workshop this Weekend

[SPOKANE] Washington, March 13, 2009 – As winter makes way for spring, pools will soon be filled with splashing children and tanning teens. To help make things safer for the thousands of residents who will enjoy Spokane's pools this summer, the Inland Northwest Chapter of the American Red Cross is offering its annual Aquatics Safety Workshop this Friday and Saturday. The workshop is designed for former lifeguards that need recertification in CPR/AED for Lifeguards, Bloodborne Pathogens and Lifeguarding - not for first-time lifeguard students.

"We are excited to offer this course again this year as it continues to be one of our most popular classes," said Christi Bennett, Red Cross Health and Safety Coordinator. "Our goal is that by offering this training, we will help local lifeguards maintain their certification and continue working for our community partners such as the YMCA, the City of Spokane Parks & Recreation, or the Spokane County Parks & Recreation department."

There is also a free session on Saturday for water safety instructors that teach learn-to-swim lessons in our community. Instructors will learn teaching tips as well as get an insight into the new material that was recently released for the American Red Cross water safety program.

WHAT: 2009 Aquatics Safety Workshop (classroom training and in-water skills)

WHO: Local lifeguards needing recertification

WHEN AND WHERE: Friday, March 13	Saturday, March 14
5:30 – 9:30 PM	1:00 – 9:00 PM
Inland Northwest Chapter	Downtown YMCA (classroom/pool)
315 W. Nora Ave.	Riverfront Park

AUDIO/VISUAL OPPORTUNITIES: In-water lifeguard skills training at downtown YMCA pool with instructor and 12 students. In-water skills portion is Saturday, March 14th beginning at 5:30 PM.

For additional information, please contact Jody Steensland, Health and Safety Administrative Coordinator, at (509) 326-3330 x 209.

About the American Red Cross

The American Red Cross helps people prevent, prepare for and respond to emergencies. Last year, some 500,000 volunteers and 35,000 employees helped victims of over 70,000 disasters; taught lifesaving skills to ten million participants; and helped U.S. service members separated from their families stay connected. Almost four million people gave blood through the Red Cross, the largest supplier of blood and blood products in the United States. The American Red Cross is part of the International Red Cross and Red Crescent Movement. An average of 90 cents of every dollar the Red Cross spends is invested in humanitarian services and programs. The Red Cross is not a government agency; it relies on donations of time, money, and blood to do its work.

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