

# Are You Baywatch Ready?

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*Refresh your lifeguard skills for aquatic emergencies!*

Program Purpose: To provide participants with entry-level lifeguarding knowledge and skills to prevent, recognize and respond to aquatic emergencies.

Program Description: Discover real activities through a blended learning workshop, including in-water skill sessions based on the American Red Cross Lifeguarding approach.

These hands-on, dynamic activities will focus on assessing the participant readiness, getting the most out of the participation, incorporating technology, improving fitness, and successful skill development.

## *Ready. Set. Splash.*

*RaLuca Gruin*

Education:

- Master of Science in Education: Sports and Recreation Management: *Lehman College New York, New York*

- Master Degree in School Management: *Technische Universität Kaiserslautern, Germany*
- *Triple Bachelor Degree: Education, Pädagogische Akademie Graz, Austria*

Founder and Creator of New York City Aquatic Educational Programs for high performer:

- ❖ New York City Water Show= An Acrobatic Display of Gymnastics and Swimming
- ❖ Dive into FUN= Learn-to-Swim Program through Cooperative Games
- ❖ NYC Lifeguard Bridge Program= A Career Pathway for Teens
- ❖ READY Lifeguards= Hotline for Diversity and Inclusion Support
- ❖ Aquatic Map Adventure= A Swimming Orienteering Course
- ❖ NEPTUN's Aquatic Games= Intramural Tournaments
- ❖ SwimTECH= Technology in Action for Swimmers
- ❖ Rowing on Hudson River, New York City
- ❖ Aqua WELLness- A Gentle Mind and Body Therapy

Certifications:

- ❖ American Red Cross Lifeguard Instructor: American Red Cross, Greater New York
- ❖ Water Safety Instructor: American Red Cross, Greater New York
- ❖ Professional Lifeguard, First Aid Care Giver: American Red Cross, Greater New York
- ❖ CPR and AED for Professional Rescuer: American Red Cross, Greater New York
- ❖ Lifeguard Management: American Red Cross, Greater New York
- ❖ Fundamentals of Instructor Training: American Red Cross, Greater New York
- ❖ Coastal Storm Plan Training Hurricane Sheltering Orientation for Specialists Certification: New York Office of Emergency Management
- ❖ Diversity and Inclusion Manager: Human Resources: *New York University- Continues Education, New York*
- ❖ Effective Mentoring and Coaching of Novice Teachers: New Vision, New York
- ❖ Multidiscipline Teaching through Orienteering- Coach and Trainer: Orienteering Unlimited; Somers, New York
- ❖ Fitness Trainer License: Federal Institution for Sports; Graz, Austria

Accomplishments:

- ✓ 2019 **Amazing People Award**- New York City Zone, New York State Association for Health Physical Education Recreation Dance
- ✓ 2019 **Distinguished Teacher Award**- Kappa International World School
- ✓ 2017-2019- New York City Zone AHPERD **Aquatic Section Chairperson**
- ✓ 2013-2019 Member of the School Wellness Council, Theodore Roosevelt Educational Campus
- ✓ 2013-2019 New York City CHAMPS Swimming Coach
- ✓ 2014-2016 **Aquatic Section President**, New York State Association for Health Physical Education Recreation Dance
- ✓ 2013-2019 **Guinness Record** Participation Award for Swimming Saves Lives -World's Largest Swimming Lesson, New York City
- ✓ 2015 **Amazing People Award**- Recreation Section, New York State Association for Health Physical Education Recreation Dance
- ✓ 2011 **Amazing People Award**- Aquatics Section, New York State Association for Health Physical Education Recreation Dance

- ✓ 2004 10<sup>th</sup> FAI World Gas Balloon Championship Observer Award, Bitterfeld-Germany
- ✓ 2004 World Championship in Hot Air Ballooning Observer Award, Mildura-Australia
- ✓ 1999 World Championship in Hot Air Ballooning Observer Award, Bad Waltersdorf-Austria

**Numerous presentations at national and international Sports and Educational Conferences in Austria, Italy, United States, Finland, Argentina, Panama, Romania, Dominican Republic, Germany.**