



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Summer 2020 LIFEGUARD TRAINING



Interested in a great job or a career as a lifeguard?

## BECOME A LIFEGUARD

The American Red Cross Lifeguarding classes are designed to teach water safety and proper protocol when dealing with emergencies around water. The Red Cross blends both traditional lecture style along with hands-on training in order to teach you effective techniques to deliver prompt care to those in need. Upon successful completion of this course, you will be certified by the American Red Cross (ARC) in Lifeguarding/First Aid (valid for 2 years) and CPR/AED Professional Rescuer (valid for 1 year)

Fee: \$350

**2020 Dates** You must attend all 3 classes in your sessions-

**Wednesday July 15<sup>th</sup> 8:00 am – 3:00 pm Thursday July 16<sup>th</sup> 8:00 am – 3:00 pm Friday July 17<sup>th</sup> 8:00 am – 3:00 pm**

**In order to successfully pass the course, each student must pass prerequisite skills:**

Minimum age: 15 years (must be 15 by last day of class)

**Swim 300 yards continuously:**

Candidates must swim using the front crawl and breaststroke.

**Tread water for 2 minutes:**

Only using legs-- arms not allowed.

**Complete a timed event within 1 minute. 40 seconds:**

Swim the length of the pool, surface dive to the bottom of the pool and retrieve a 10-pound brick. With the brick, swim back on your back to the starting point with both hands holding the brick and keeping the face at or near the surface. Exit the water without using a ladder or steps.

**For more information contact:**

James Mullen, Aquatics Director E: JMullen@rocklandymca.org

**WWW.ROCKLANDYMCA.ORG**





## Lifeguard Training Course REGISTRATION FORM

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Dates of Class: \_\_\_\_\_

### **STUDENT INFORMATION:**

Name of Student: \_ Age: \_ D.O.B: \_

Address: \_ Phone: \_

Student's Email Address: \_

### **PERMISSIONS -please initial**

1. \_\_\_ Yes, I have read the prerequisites and understand that there will be a \$100 nonrefundable deposit if I fail the pretest.
2. \_\_\_ Yes, I understand I MUST complete the online ARC blended learning prior to class.
3. \_\_\_ Yes, I agree that in the event that I, or my emergency contacts, are not able to communicate or cannot be reached in an emergency, I hereby give permission to the medical personnel selected by the YMCA to properly treat the participant. I will be fully responsible for any costs of such treatment, even if not covered by insurance.
4. \_\_\_ Yes, I agree that the named participant is physically sound, having medical approval to participate in the activities of the YMCA. This information is correct as far as I know, and the person here in described has permission to engage in all prescribed program activities except as noted.
5. \_\_\_ Yes, I agree that in consideration of the named participant's participation in the activities of the Rockland County YMCA, I hereby agree to hold free from any and all liability the YMCA and its respective officers, employees and members. I do hereby for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereinafter accrue to me arising out of or connected with the named participant's participation in any of the activities of the YMCA. I have read and will abide by the above stated policies and understand there are no makeups or credits
6. (Optional) \_\_\_ Yes, I give permission for the Y to use my (my child's) photograph for public relations and/or marketing purposes.

### **PAYMENT \$350**

On the first day of the course, everyone will be tested on the prerequisite skills in order to continue in the course. The course fee will not be refunded if the participant fails to pass the prerequisite skills. Failure to pass the class will not entitle you to a refund. No refunds will be given for withdrawing from a class within two weeks of the class start date.

I have read and accept the above stated permissions/waivers

Participant Signature or Parent/Guardian if under age 18: \_\_\_\_\_

**Please contact the Aquatic Department with concerns BEFORE you register.**

**We offer a FREE pre- evaluation to assist you with the prerequisites, contact the Aquatics Dept. to schedule an appointment**