

American Red Cross Lifeguard Certification Class Schedule – 2020

Class conducted by the Sea Lions Swim Team at the Town of Mammoth Pool

Blended Learning Course Format
(20 hours classroom/pool training, 7.5 hours on-line training)

Class Dates: Thursday, April 9 – Sunday, April 26, 2020

Registration Dates: April 6 – April 9, 2020

Cost: \$89 Check made payable to the Sea Lions Swim Team (The fee is nonrefundable.)

The cost includes the Red Cross Fee, plus all participants will receive their own Lifeguard CPR Mask.

Once you are registered for the class and payment is received, a link to the on-line training will be sent to you via e-mail. You can begin the on-line training at any time once you receive the link. **Please note that the on-line portion of the class MUST be completed prior to starting class on April 18, 2020.**

Prerequisites for lifeguard training include:

1. Must be 15 years old by the last day of the class (4/26/20)
2. Must pass the pre-course swimming skills test (attend on 4/9/20):
 - Continuously swim 300 yards (12 laps) using any combination of freestyle and breaststroke
 - Swim 20 yards, retrieve a 10-pound weight from the deep end of the pool, return to the starting place with the weight at the water surface, and exit the pool without using the ladder, all within 1 minute and 40 seconds
 - Tread water without using hands for 2 minutes (hands in armpits)

Class Schedule (All training will be conducted at the Town of Mammoth Swimming Pool.):

Thursday, April 9, 2020 (5:30-6:30 pm): Swimming Skills Test

Saturday, April 18, 2020 (10 am – 4 pm): Lifeguard Class begins (The on-line portion of the class needs to be completed and the swimming skills test must be passed in order to begin the Lifeguard Class.)

Sunday, April 19, 2020 (10 am – 2 pm): Lifeguard Training/ First Aid

Saturday, April 25, 2020 (10 am – 4 pm): Lifeguard Training/ First Aid /CPR

Sunday, April 26, 2020 (10 am – 2 pm): Review / Testing

Water/Gatorade will be provided at all classes.

Lifeguard Certification is good for two years.

For more information or to register, please contact Alex or Wendy Gort at (520) 896-2190.

Information is also available on the Town of Mammoth website (townofmammoth.us) and the Sea Lions Swim Team Website (sealionsswimteam.com).

LIFEGUARD TRAINING COURSE REGISTRATION FORM 2020

REGISTRANT NAME	 (FIRST) (LAST)	GENDER	 (M OR F)
ADDRESS	 (STREET)	AGE	
	 (CITY) (STATE) (ZIP)	BIRTHDATE	 (M/D/Y)
EMAIL ADDRESS		SWIMMING YEARS EXPERIENCE	
PHONE NUMBER(S)		HAVE YOU BEEN A LIFEGUARD BEFORE?	YES NO
PARENT OR GUARDIAN (if under the age of 18)	 (FIRST) (LAST)	MY LIFEGUARD CERTIFICATION EXPIRES	 (M/D/Y)

In the Lifeguard Training Course the participant will be educated on the duties and responsibilities of a lifeguard in a professional setting. They will also learn a number of life guarding techniques, such as surveillance; proper use of rescue equipment for a distressed swimmer, active drowning victim, and passive drowning victim; and proper care for individuals who may have a head, neck, or spinal injury. Successful course completion requires participation in classroom and skill sessions, as well as successful performance in skill and knowledge evaluations. Due to the nature of the skills in this course, you will be participating in strenuous activities, such as performing cardiopulmonary resuscitation (CPR) and removing a victim from the water. If you have a medical condition, disability, or if you have any questions about your ability to participate in this course, you must discuss with your physician or health-care provider and the instructor responsible for the course PRIOR to the start date of the life guarding course.

No refunds will be issued for cancellations made after April 10, 2020. Participants who fail to meet the course prerequisites will automatically be given a full refund.

There are absolutely no makeup classes for missed classes in the lifeguard course.

No refund will be issued if a participant does not pass the course or does not attend the full course.

I understand that this certification course is physically demanding and involves intense physical exertion. I hereby certify that the person registering for this course is in sound physical condition and is capable of participating safely in this course. I hereby agree to indemnify and save and hold harmless the Sea Lions Swim Team and the Town of Mammoth from any loss, liability, damage, or cost that may be incurred due to the participation of the registrant upon, or about the Town of Mammoth swimming pool or in any way observing or using any facilities or equipment of the Town of Mammoth or participating in any program affiliated with the Town of Mammoth whether caused by the negligence of the Town of Mammoth or otherwise. The undersigned has read and voluntarily signs this release and waiver of liability and indemnity agreement, and further agrees that no oral representations, statements, or inducement apart from the foregoing written agreement have been made. The undersigned hereby understands and agrees to the terms of registration indicated above.

(SIGNATURE)

(DATE)

(SIGNATURE OF PARENT OR GUARDIAN) (if the participant is under the age of 18)

(DATE)

(PRINT PARENT/GUARDIAN NAME)

SEA LION USE ONLY:

Registration Fee: Payable to Sea Lions Swim Team

Total = _____

Cash or Check # _____ Date Received _____