

Lifeguarding (r.06) Registration Form



Course Dates: 02/10/09 – 04/07/09

Name: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____ - _____

D.O.B. ____/____/____ (Minimum age is 15. Bring proof of age to 1st class)

Phone #: (____) ____ - ____ H (____) ____ - ____ X ____ W (____) ____ - ____ Cell

Participant's Signature

Parent's Signature

(Return completed form WITH check to the Pool Office by 12 noon, Thursday, Feb. 5, 2009.)



 City of Shelton ~ Community Center Pool ~ 41 Church Street ~ (203) 925-8422
www.cityofshelton.org, Community Services

Lifeguarding (r.06)

**Prerequisites on Back*

Lifeguarding (r.06)

- ☞ This course will include training in the four following disciplines: lifeguard & rescue skills, first aid skills, CPR/AED: for the Professional Rescuer skills, and Blood Borne Pathogens: Preventing Disease Transmission.
- ☞ Participant's **ATTENDANCE is REQUIRED at ALL CLASSES** scheduled for the course.
- ☞ All skills are tested by a one-time pass or fail practical test and by a written test requiring 80% correct to pass.
- ☞ The participant's attitude during the course is also taken into account for the final determination for certification by the instructor(s).
- ☞ Any participant's performance in any component that does not meet the national standards setup by the American Red Cross cannot be certified.

Course Fee: \$300.00 (includes \$50.00 non-refundable deposit), make check payable to City of Shelton

Max. # of participants = 10 Min. # of participants = 6

*Bring the following to every class: book, notebook, pens, sweats, bathing suit, towels, water & snack.
 Books will be distributed the 1st day of course.*

All performance standards & written tests are set-up by the American Red Cross.

Course Dates & Times		
Tuesday	02/10/09	4:30 – 7:00 pm
	02/17, 24/09	
Tuesday	03/03, 10, 17, 24, 31/09	
	04/07/09	4:00 – 7:00 pm

Prerequisites:

- 1) Swim 300 yards continuously, using these strokes in the following order:
 - a. 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or to the front.
 - b. 100 yards of breaststroke.
 - c. 100 yards of either front crawl using rhythmic breathing or breaststroke. These 100 yards may be a mixture of front crawl or breaststroke.

There is no time requirement for this skill. Prospective participants must show only that they can swim 300 yards using the above strokes without stopping.

- 2) Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object at the surface & head above the water, & exit the water without using a ladder or steps, within 1 minute, 40 seconds.

The prerequisite swimming skills test is designed to test the individual's strength, endurance, and comfort level in the water. Entry into the Lifeguarding course is strictly limited to those who have successfully completed the swimming skills prerequisite.