

2019 Lifeguard Training Class

- Program:** This class is a blended learning formatted course. Home internet access is required for this class in order to complete the course requirements.
- Age:** Candidates must be 15 by the last day of the course.
- Dates:** October 11, 12, 13, 18, 19, 20, 2019 plus additional independent coursework at home (reading/online)
- Times:** Fri, Oct. 11 & 18 (4-9pm); Sat, Oct. 12 & 19 (8am-4pm); Sun, Oct. 13 & 20 (12-5pm)
- Location:** Watertown Indoor Pool, 131 Hall Street (Riverside Middle School)
- Fees:** \$200 class fee. Grants available (see office for details). The required Lifeguard Training Book is available online at no cost. If you choose, copies are available for \$40 each.
- Deadline:** Wednesday, October 9, 2019

Register Online: <https://watertownwi.recdesk.com/community>

Special Needs: The department will make every effort to comply with the regulations associated with the American's with Disabilities Act (ADA). In the space provided, list any special needs that the participant may have that would benefit his/her participation in this program. The department will attempt to accommodate these needs and will contact you to discuss participation.
Participant should communicate any special needs with their instructor.

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Watertown Parks & Recreation Department

2019 Lifeguard Training Class

October 11, 12, 13, 18, 19, 20, 2019

Name _____ Age _____ DOB _____ M or F

Address _____ City _____

Phone _____ Email _____

List any special needs or medical conditions this participant has _____

I understand the inherent risk of injury in participation in this sports program and verify that the person listed above is medically fit to participate. I give my permission to the supervisors of this program to take the proper steps in case participant listed above is in need of emergency medical attention. I also release the sponsoring groups and their agents from any and all claims arising from this participant's participation in this activity.

Signature of Participant _____ Date _____

Fee Paid: \$200/class \$40/book Grant (see office)

IP Lessons

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Congratulations on your decision to take the American Red Cross Lifeguarding course! The training you will receive will be demanding and will require a commitment of time, energy and effort from you. The rewards will be mental and physical conditioning as you become a true lifeguard professional.

*You will need to come to each class session rested, ready to go, and prepared for hard work as this is a very challenging course.

*Be sure to always bring extra towels, sweats, snacks, etc. for the duration as we will be in and out of the water.

***There will be NO make--up sessions as it is too difficult to schedule them. You will need to clear your schedule to ensure that you are available to FULLY attend each class session.**

***Following are the American Red Cross prerequisites that each candidate needs to complete before being admitted into this Lifeguarding class.** Should a candidate fail to complete these prerequisites, s/he will not be permitted to continue and must withdraw from the class.

1. Swim 300 yards continuously (no pauses or stops) demonstrating rhythmic breathing and a stabilizing propellant kick. Feet must stay off pool bottom.
 - a. Candidates may swim using the front crawl, breaststroke or a combination of both
 - b. Goggles may be used
2. Tread water for 2 consecutive minutes using only the legs.
 - a. Candidates should place their hands under their armpits or raise their hands out of water.
3. Complete the following timed event within 1 minute, 40 seconds:
 - a. Starting in the water, swim 20 yards; the face may be in or out of the water. Swim goggles are NOT allowed.
 - b. Surface dive, feet first or head-first, to a depth of 12 feet to retrieve a 10-pound object.
 - c. Return to the surface and swim 20 yards on the back to return to the starting point, with both hands holding/remaining on the object and keeping the face at the surface to be able to breath. Candidates may not swim the distance under water.
 - d. Exit the water and stand up without using the ladder.

****Please note that this class is a pass/fail program; the department will not issue refunds should the student fail to complete all requirements (after passing the prerequisite skills testing and being admitted into the class).**