

# 2014 March Lifeguard Training



**DATES:** March 15, 22, 29, April 5, 2014  
(Turn over for dates and times)  
\*\*participants may bring snacks - refrigerator is provided\*\*

**SITE:** Watertown Indoor Pool at the Riverside Middle School

**AGE:** Candidates must be 15 by the end of the class

**FEES:** \$200 class fee

**REGISTRATION:** This class will be filled on a first come, first serve basis. Limited to 10 students. Registration is being accepted in the Park and Recreation Office, 514 South First St.

**REGISTRATION DEADLINE: February 28, 2014**

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**SPECIAL NEEDS:** The Department will make every effort to comply with the regulations associated with the Americans with Disabilities Act (ADA). In the space provided below, please list any special needs a 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.

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## 2014 MARCH LIFEGUARD TRAINING

Name\_\_\_\_\_ Age\_\_\_\_\_ Birthday\_\_\_\_\_

Address\_\_\_\_\_ Phone\_\_\_\_\_

Email:\_\_\_\_\_

List any special needs this participant has:\_\_\_\_\_

I hereby release the sponsoring groups from any and all claims from my participation in this program and verify that I am medically fit to participate.

Parent/Guardian Signature\_\_\_\_\_

FEE PAID: \$200



Lifeguarding Training Candidate:

CLASS DATES and TIMES:

**Days: 8:00 am - 4:00 pm**

Saturday, March 15

Saturday, March 22

Saturday, March 29

Saturday, April 5

**\*\*You must clear your schedule to attend each class as there will be no make-up sessions offered**

**Questions? Call!\*\***

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

\*You will need to come to each class session prepared -- this means that your assignments are completed, research is done, you are rested and ready to go!

***\*There will be NO make--up sessions as it is extremely difficult to schedule, you need to clear your schedule to ensure that you are available to FULLY attend each class session.*** Questions about this – CALL the office **PRIOR** to registration – 920-262-8080

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

\*Following are the **American Red Cross prerequisites** that each candidate needs to complete. 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
3. Complete the following times 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 the object and keeping the face at or near the surface to be able to breath. Candidates may not swim the distance under water
  - d. Exit the water 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 admittance to the class)**