



Lifeguard Training Course

Registration and Fee due by December 29, 2017 class minimum is 6 participants, maximum is 15

Course Date and Place: at Clarksville Aquatic Center, 1611 Oakland St., Clarksville, Ar. 72830

2018 - January 2, 3, 4, 5 – Tuesday, Wednesday, Thursday – 9am to 4pm, Friday 9am to noon

To register for a course, complete the registration form. Bring or mail the completed form and fee to the Clarksville Aquatic Center

At registration, you will be issued a Lifeguard Manual to use while participating in the course, to be returned before taking final exams. If you prefer, you may purchase the Lifeguard Manual at Clarksville Aquatic Center. Read entire manual prior to the course.

Prerequisites:

1. Must be 15 years old on or before the final scheduled session of this course. Must show valid Birth Certificate or Drivers License.
2. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. You may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
3. Tread water for 2 minutes using only the legs. Place your hands under the arm pits.
4. Complete a timed event within 1 minute, 40 seconds.
Starting in the water, swim 20 yards. Your face may be in or out of the water. Swim goggles are not allowed.
Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10 pound object.
Return to the surface and swim 20 yards on your back to return to the starting point with both hands holding the object while keeping your face at or near the surface so you are able to get a breath. You should not swim the distance under water. Exit the water without using the ladder or steps.

Certification Requirements:

Attend and participate in all class sessions.

Demonstrate competency in all required skills, activities and rescue skill scenarios.

Do NOT write or draw in the Lifeguard Manual (if borrowed from C.A.C.) Return before receiving Certificate.

Pass both the Section 1 – CPR/AED for the Professional Rescuer and First Aid and Section 2 – Lifeguarding Skills final written

Exams with minimum grades of 80 percent.

Certificates Issued and Validity Period:

Successful participants will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years.

Upon successful completion, cards will be mailed using your supplied self-addressed stamped envelope. May take 3 weeks.

FEE: \$225.00 for first time Certification, \$200.00 for Re-Certification (Fee is non-refundable or transferable – even if you drop or don't pass the course) Fee does not include Lifeguard Manual or Mask, may purchase separately at Clarksville Aquatic Center front desk.

For more information call or email:

Mary Townsend, Aquatic Director, Clarksville Aquatic Center

Office 479-754-4100 Email clarksvilleparksandrec@gmail.com

Keep this form for your records



Lifeguard Training Course Registration Form

City of Clarksville Parks and Recreation

PLEASE PRINT CLEARLY

Name _____

Address _____

Phone _____ Email _____

Email address will be used by the City of Clarksville Parks and Recreation Dept. and the American Red Cross for future correspondence, do not use school or work email address.

Today's Date _____ Course Date _____

The Lifeguard Training Course will require some strenuous physical activity. You are encouraged to check with your health care professional before participating in the practice sessions. If a medical condition or disability exists that might prevent participation in the activities, or there are questions about fully participating in the Lifeguarding Course, Please contact Mary Townsend.

Signature of Registrant _____

Cash _____ Check/Money Order _____ Receipt # _____

Signature of Reciever _____

May request copy of this form for your records