

## Lifeguard Training and Recertification

### Lifeguard Training Certification Dates:

Friday, March 2	5pm-7 pm	Saturday, March 3	9am-4pm
Sunday, March 4	2pm-5pm	Monday, March 5	5pm-8pm
Tuesday, March 6	5pm-8pm	Wednesday, March 7	5pm-8pm
Thursday, March 8	5pm-8pm		

**Cost: \$125.00**

### Lifeguard Certification

This class will include a textbook lesson as well as hands-on practice with the following items:

- Surveillance skills to help you recognize and prevent injuries
- Rescue skills in the water and on land
- First aid training and professional rescuer CPR - to help you prepare for any emergency
- Professional lifeguard responsibilities like interacting with the public and addressing uncooperative patrons

Successful course completion requires participation in ALL classroom and ALL skill sessions. You will also need to demonstrate successful performance in skill and knowledge evaluations. To enroll in the Lifeguard Training course, you must be at least 15 years of age. Everyone **must** take a pretest assessment before the class. This is to make sure you can pass the physical and endurance requirements necessary.

### Pre- Test

- Swim 300 meters demonstrating breath control and rhythmic breathing.
- Tread water for two minutes using only legs
- Swim 20 meters, surface dive, retrieve a 10lb brick from the deep end and swim back with your face and brick near the surface of the water (timed event)

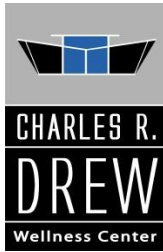
### Lifeguard Recertification Dates

Friday, March 9	5pm – 7pm
Saturday, March 10	9am-2pm

The American Red Cross Lifeguard recertification course is for those who are currently certified Lifeguards (certifications **MUST** be current). The course consists of 2 modules, both of which are required for those wanting to re-certify their Lifeguarding certificate.

**Course Fee: \$50.00**





## Lifeguard Training Registration

**PARTICIPANT'S  
NAME** \_\_\_\_\_

**Age** \_\_\_\_\_ **Birthday** \_\_\_\_\_ **Gender** \_\_\_\_\_

**If participant is a minor,  
Parent/Guardian Name(s)** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **Zip Code** \_\_\_\_\_

**Home** \_\_\_\_\_ **Cell** \_\_\_\_\_

**Email**

**Address** \_\_\_\_\_

**Please Select Desired Course:**

**Lifeguard Training Course \$125**

**Lifeguard Recertification Course \$50**

### LIABILITY STATEMENT

**In consideration of the services and facilities provided by the City of Columbia, its employees, agents, and officers, I hereby release and forever discharge the aforementioned from any and all liability arising out my child's participation in this program.**

**I am fully aware of risks inherent to this activity and should not allow my child to participate unless medically able. I assume all risks associated with this activity.**

**I agree that photographs, recordings, or any other record may be used for the purpose of promoting programs operated or sponsored by the City of Columbia.**

**In case of illness, I authorize a representative of the City of Columbia to obtain immediate care deemed necessary by licensed medical personnel.**

**I have read and fully understand that these terms are contractual and not a mere recital and sign it voluntarily.**

\_\_\_\_\_

\_\_\_\_\_  
**Signature (parent/guardian must sign for minor child)**

\_\_\_\_\_  
**Date**

.....  
**For Office Use Only:**

**RECEIPT #** \_\_\_\_\_ **Date** \_\_\_\_\_

2101 Walker Solomon Way Columbia, SC 29204 (803) 545-3200

[www.drc](http://www.drc) [ecenter.com](http://ecenter.com)

