

RICHMOND PARKS & RECREATION



**American
Red Cross**

Lifeguard Training Certification Course

The purpose of the American Red Cross Lifeguarding course is to teach you the skills needed to help prevent and respond to aquatic emergencies. This class will certify you in Lifeguard Training, First Aid, and CPR/AED (infant and adult).

To become an American Red Cross Lifeguard, participants must:

- ✓ be a minimum age of 15 by the last day of the course
- ✓ successfully pass a pre-course screening /testing
 - swim 300 yards continuously in the following manner
 - Swim 100 yards-front crawl with rhythmic breathing and a stabilizing kick
 - Swim 100 yards-breaststroke
 - Swim 100 yards-front crawl, breaststroke, or a combination of the two
 - swim 20 yards using the front crawl or breaststroke, surface dive 6-10 feet and retrieve a 10 pound brick, and return to the starting point with both hands on the brick: this must be completed within a certain time limit.
 - tread water for two minutes using only your legs.
- ✓ 80 percent or better on CPR/AED Professional Rescuer and First Aid Test
- ✓ 80 percent or better on Lifeguarding Skills Test
- ✓ demonstrate competency in all required skills and activities and final rescue skill scenarios

| <u>FEE</u> | <u>Certification Type</u> | <u>Cost</u> | <u>Select One</u> |
|----------------------------------|---------------------------|-------------|-------------------|
| Selected Southview Pool Employee | First Time Lifeguard | \$75.00 | |
| Selected Southview Pool Employee | Recertification | \$60.00 | |
| Non-Southview Pool Employee | First Time Lifeguard | \$185.00 | |
| Non-Southview Pool Employee | Recertification | \$170.00 | |



Participant's Name _____ **Date of Birth:** / /

Address: _____ **City:** _____ **Zip:** _____

Cell Phone _____ **Alternate Phone:** _____

E-mail Address: _____

Health concerns of registrant the Parks & Recreation Department/Lifeguard Instructor should be aware of:

Emergency Contact: _____ **Relationship:** _____

Cell Phone: _____ **Alternate Phone:** _____

I, the guardian of the above participant, or I, the participant, hereby give approval for the participant to participate in any and all Richmond Parks and Recreation activities/programs. I know that participation may result in serious injuries and do hereby waive, release, absolve, indemnify and agree to hold harmless the Richmond Parks and Recreation Department, City of Richmond, the organizers, sponsors, supervisors, and participants for any claim arising out of any injury to myself/child whether the result of negligence or for any other cause. I do hereby consent to permit the Parks and Recreation Department employees to obtain emergency medical treatment, including examination or hospitalization for the participant in the event it should become necessary.

Parent /Guardian signature: _____ **Date:** _____

Please return to the City Collector's Office, 205 Summit St., Richmond, MO

Make checks payable to: City of Richmond.

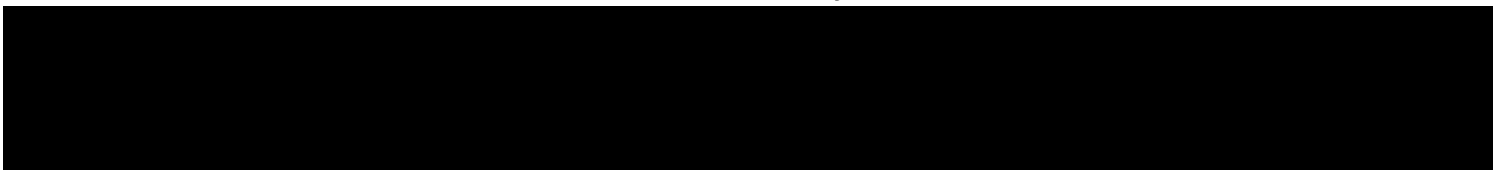
City Hall Hours: M-F 8:00am-4:30pm, M-F. If after 4:30, you may put this form/fee in an envelope and put in the "after hours" box outside of City Hall--NO CASH IN "AFTER HOURS" BOX.

Tentative Lifeguard Certification Schedule

After, you sign up for the class, Haley (Lifeguard instructor) will add you to the "virtual" portion of the class. Haley will contact you after this happens. After you are set up on the virtual class, you will receive an email from: Salesforce Automation Account [mailto:phssalesforce@usa.redcross.org] E-mail Subject will be: Important Information for Lifeguarding-BL Class Registration

Please follow instructions to set up your virtual learning.

Online class must be completed BEFORE we meet for the first class or you will fail the class. No exceptions.



Day 1

| <u>Class Type</u> | <u>Day</u> | <u>Date</u> | <u>Location</u> | <u>Time</u> | <u>What to bring</u> |
|--------------------|------------|-------------|-----------------|-------------|---------------------------|
| Lifeguard Training | TBA | TBA | TBA | 5 Hours TBA | Swim wear, towel, goggles |

Day 2

| <u>Class Type</u> | <u>Day</u> | <u>Date</u> | <u>Location</u> | <u>Time</u> | <u>What to bring</u> |
|--------------------|------------|-------------|-----------------|-------------|--|
| Lifeguard Training | TBA | TBA | TBA | 5 Hours TBA | Swim wear, towel, goggles Notebook, pencil, pocket mask |

Day 3

| <u>Class Type</u> | <u>Day</u> | <u>Date</u> | <u>Location</u> | <u>Time</u> | <u>What to bring</u> |
|--------------------|------------|-------------|-----------------|-------------|-------------------------------|
| Lifeguard Training | TBA | TBA | TBA | 5 hours TBA | Notebook, pencil, pocket mask |

Day 4

| <u>Class Type</u> | <u>Day</u> | <u>Date</u> | <u>Location</u> | <u>Time</u> | <u>What to bring</u> |
|--------------------|------------|-------------|-----------------|-------------|--|
| Lifeguard Training | TBA | TBA | TBA | 5 hours TBA | Notebook, pencil, pocket mask Swim wear, towel, goggles |

Day 5

| <u>Class Type</u> | <u>Day</u> | <u>Date</u> | <u>Location</u> | <u>Time</u> | <u>What to bring</u> |
|--------------------|------------|-------------|-----------------|-------------|---|
| Lifeguard Training | TBA | TBA | TBA | 5 hours TBA | Notebook, pencil, pocket mask, swim wear, towel, dry clothes, whistle |

Day 6

| <u>Class Type</u> | <u>Day</u> | <u>Date</u> | <u>Location</u> | <u>Time</u> | <u>What to bring</u> |
|--------------------|------------|-------------|-----------------|-------------|---|
| Lifeguard Training | TBA | TBA | TBA | TBA | Notebook, pencil, pocket mask, swim wear, towel, dry clothes, whistle |

This schedule is subject to change depending on the weather and how much information/training we cover during each class.

American Red Cross Lifeguard Training Instructor

Haley Williams

hwilliams@cityofrichmondmo.org

Office: 816-776-5304 ext. 116 Cell: 816-217-1537

What you need to purchase for this class if you do not already have it:

1. Active Swim Suit (no triangle top bikinis or swim suits that tie)
2. Fox 40 Whistle (can purchase at Wal-Mart)
3. Pocket Mask CPR Barrier--The American Red Cross Pocket Mask is recommended (\$15).

<http://www.redcrossstore.org/item/329705>

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