

Lifeguard Training Class

Class Details:

This course uses American Red Cross instruction to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services personnel take over.

Participants must attend all classes in the session and will be assigned a lifeguarding manual, view videos and demonstrate their skills in the pool during classes. Please be aware there may be changes to the hours the classes are taught as to avoid conflicts in the pool area.

Prerequisites:

- Minimum age of 15 years old.
- Swim 300 meters continuously using front crawl and/or breaststroke with correct breathing.
- Tread in deep water continuously using only legs for 2 minutes.
- Swim 25 meters, retrieve a 10 pound object in 7 feet of water and return within 1:40 minutes.
- Participants must be present for class every day.

Learning Objectives:

During class participants will learn the following: understanding the value of behaving in a professional manner, learn how to identify behaviors of a swimmer, distressed swimmer and an active or passive drowning victim, understand the general procedures for an emergency occurring in the water or on land, understand the components of an emergency action plan and how to activate it, demonstrate how to perform equipment-based rescues, learn how to provide first aid and how to care for breathing and cardiac emergencies, and learn how to recognize and care for possible head, neck or back injuries.

Where: Perry Park Center

Dates: March 18-19 & 25-26

Time: 8:00 a.m. - 4:00 p.m.

Fee: \$160.00



THE CITY OF
PERRYVILLE
MISSOURI

Plant your family here.

Contact:

Julie King

(573) 547-7275

julieking@cityofperryville.com

Perryville Parks and Recreation Department Lifeguard Training Class

Participant's Name _____

Address _____

City/State/Zip _____

Phone _____ Age _____ Birthday _____

Email Address _____

Waiver

I/We the parent or legal guardian of the above named candidate for a position in American Red Cross Lifeguarding Program hereby gives my/our approval to their participation in any and all ARC activities. I/We assume all risks and hazards incidental to such participation in ARC activities and I/We do hereby waive, release, absolve, indemnify and agree to hold harmless the City of Perryville, Perryville Parks and Recreation along with the Perry Park Center, the organizers, sponsors, supervisors, participants and persons teaching my/our child, for any claim arising out of an injury to my/our child. Whether the result of negligence or for any other reason.

Parent/Guardian _____

Home Phone _____ Work Phone _____

Emergency Contact _____ Phone _____

Fee of \$160.00 payable to "City of Perryville"

If the participant is successfully employed by the City of Perryville with the Perry Park Center Aquatics Department for three (3) months they will be reimbursed \$80.00 for the cost of the class. Taking this class does not insure employment with the Perry Park Center Aquatics Department.

I hereby understand the above mentioned statement.

Print Name

Signature

For more information contact Julie King at (573) 547-7275