

True Blue Watersports/American Red Cross Lifeguard Course and REFRESHER

Course Dates: Thursday, May 10 4:30 PM – 9:00 PM  
Friday, May 11 9:00 AM – 5:00 PM \* May have to miss school on Friday  
Saturday, May 12 9:00 AM - 4 :00 PM

Optional: Water Prep Course Tuesday, May 8 6:45 – 8:45 PM

Steps to starting the American Red Cross Life Guarding Course at True Blue Watersports.

1. Must be 15 years old and provide proof.
2. Complete lifeguard course application and pay \$239 (Check or Cash) Includes a “Lifeguard Hip Pack, CPR face mask, and whistle,” to be received during class. Refresher courses will be \$145 (Must provide copy of current lifeguard certification.)
3. All new students and refresher students will be issued an on-line link to take the American Red Cross On-line Blended Lifeguard Course.
4. Complete the American Red Cross On-line Blended Lifeguard Course and print out the certificate to provide proof of completion. Must be completed by May 10. Approximate 7-hour on-line course.
5. **New students and refresher students must schedule a time by May 8 to complete the swim prerequisites.**
  - a. Swim 300 yards, continuously demonstrating breath control and rhythmic breathing. Candidates 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. (9 laps in the True Blue Pool)
  - a. Tread water for 2 minutes, using only the legs. Candidates should place their hands under their armpits.
  - b. Complete a timed event within 1 minute and 40 seconds starting in the water, swim 20 yards. 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 the back to return to the starting point with both hands holding the object and keeping the face at or near the surface to breathe (or to get a breath). Exit the water without using a ladder or steps. Swim goggles are not allowed.
6. Optional: Attend a Lifeguard Prep Course to practice and review basics of the following:
  - Swimming
  - Treading
  - Practice brick activity
  - Buoy control and wrapping
  - \$40 Tuesday, May 8 6:45 PM – 8:45 PM
7. Attend all of the American Red Cross Lifeguard Course Dates:
  - Thursday, May 10 4:30 pm - 9:00 pm
  - Friday, May 11 9:00 am – 5:00 pm BRING SNACKS and LUNCH
  - Saturday, May 12 9:00 am – 4:00 pm BRING SNACKS /Pizza Provided Saturday.
8. Next steps: You will be certificated as an American Red Cross Lifeguard and can start lifeguarding!

## Lifeguard Course Application

Name \_\_\_\_\_ Age: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

PRINT EMAIL ADDRESS: \_\_\_\_\_

(We will email you the American Red Cross direct link to Lifeguarding)

In case of an emergency provide TWO Contact names and numbers:

1. \_\_\_\_\_

2. \_\_\_\_\_

Is there anything regarding your health which we need to know as a safety measure? Allergies? Fear of water? Special Accommodations? Under physician's care? Please Explain:

\_\_\_\_\_

### Waiver and Release of Liability

In consideration of being allowed to participate in any way in the True Blue Watersports, LLC. Dive Center Pool, and all related events and activities, the undersigned:

I do hereby certify that all information on the registration form is correct. I agree and indemnify and hold True Blue Watersports, LLC and its employees, swim instructors, and/or volunteers harmless from liability, loss, cost or expense (Including attorney fees, medical, and ambulance costs) that may occur to those listed on this membership while participating in swim lessons, water camp, parties, and/or programs at True Blue Watersports or during transportation to said facility.

This registration verifies that my and my family's health and fitness is acceptable to participate in True Blue Watersports lifeguard course, swim programs, pool parties, and/or activities. I understand True Blue Watersports requests all participants to consult their physician before becoming physically active and/or before a fitness appraisal. I further understand True Blue Watersports does not provide insurance coverage for accidents or injuries that occur as a result of participation in or use of its facilities, for your child or any guest you/your child may invite.

All persons participating in True Blue Watersports sponsored workshops, activities, pool parties, programs, and/or on or using True Blue Watersports owned properties/facilities agree to conduct themselves according to True Blue Watersports standards for behavior.

I further state that I have carefully read the foregoing Application, Waiver, and Release, and understand the contents there of and have signed it as my own free act.

By signing below I agree that I have read the above statements and rules, and understand that I give up substantial rights.

\_\_\_\_\_  
Signature of Participant or Parent

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Date