

# American Red Cross Lifeguard & CPR Recertification Course

## Registration Form

### Spring 2019

Open to students who are at least 15 and adults. One must pass a swim test during first session to enter this standard American Red Cross course of certification in adult and child First Aid, CPR & AED training (*550-yard swim crawl and breaststroke, underwater brick recovery and four (4) minute tread water*). Written test also required. Successful candidates will receive all the certifications necessary for employment as a lifeguard in New York State. Proof of age is required and there are NO absences allowed during any portion of this course. Instructor Lyle Hamm is WSI and Lifeguard Certified by the American Red Cross.

**Registration deadline is March 14, 2019.** Under no circumstances are walk-ins allowed in to take this course.

**Date(s):** Four (4) Sundays – March 24, May 5, 19 & 26

**Time:** 8:30 AM – 11:30 AM

**Instructors:** Lyle Hamm

**Tuition Fee:** Tuition \$24.00 / Materials \$36.00 = \$60.00 Total

**Location:** Taconic Hills Central School, Aquatic Center

**Entrance:** Aquatic Center

#### PARTICIPANT RELEASE

\_\_\_\_\_ does hereby covenant and agree to release and hold harmless the Taconic Hills Central School District from and against any liability, loss, damages, claims or actions (including costs and attorney fees) for bodily injury and/or property damage, to the extent permissible by law, arising out participation in the Taconic Hills CSD Continuing Education Program. I understand participation in the Taconic Hills CSD Continuing Education Program may involve rigorous physical activity and risks of physical activity injury. I understand that the risks include a full range of injuries, from minor to severe, including death. Although protective equipment may be used, safety rules employed, coaching instruction provided, medical care provided and other efforts taken, there is no guarantee that I will not be injured. I hereby consent to emergency transportation and treatment in the event of illness or injury. I hereby accept the responsibility for the payment of any emergency transportation or treatment. I further certify that I am in good physical condition and I have no medical or physical conditions that would restrict my participation in this event.

**I agree to assume and accept these risks.**

\_\_\_\_\_  
PARTICIPANT SIGNATURE

\_\_\_\_\_  
DATE

#### Emergency Contact Information:

Emergency Contact Name: \_\_\_\_\_

Relationship to Participant: \_\_\_\_\_

Telephone Number(s): \_\_\_\_\_

#### Taconic Hills Continuing Education Spring 2019

#### REGISTRATION FORM

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

Address: \_\_\_\_\_

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

Email: \_\_\_\_\_

#### NO WALK-INS ALLOWED TO ANY CLASS.

#### Please direct questions to:

Jordan McComb at (518) 325-2815 or by email: [jmccomb@taconichills.k12.ny.us](mailto:jmccomb@taconichills.k12.ny.us)

Continuing Education Courses are held on the Taconic Hills Central School

District campus located at: 73 County Route 11A Craryville, New York 12521

**Please include payment with checks payable to: Taconic Hills CSD**

**Return registration section and mail payment to:**

Taconic Hills Central School District c/o Business Office 73 County Route 11A Craryville, NY 12521

#### FOR OFFICE USE ONLY:

Date Received: \_\_\_\_\_

Received From: \_\_\_\_\_

Amount: \_\_\_\_\_

Cash  Check  # \_\_\_\_\_

Received by: \_\_\_\_\_

**LIFEGUARD RECERTIFICATION CLASS:**

There will be an American Red Cross recertification class Sundays, from 8:30 AM – 11:30 AM at the Taconic Hills Aquatic Center. The course is open to anyone who has or had certification in Lifeguarding and CPR, that either has expired within the last year, or will soon. The cost of the class will be \$60 per person.

\*\*\*\*\*

Dates: March 24

May 5, 19 & 26

TOTAL COST: \$60.00

Times: 8:30 AM – 11:30 AM

Location: Taconic Hills Aquatics Center

\*\*\*\*\*

There will be no teaching or remedial skill work. All participants must come to the class prepared to pass a test on ALL of the following:

- Swim 550 yards using crawl stroke with rhythmic breathing, and breaststroke.
- Twenty-yard swim, brick retrieve and return.
- Multiple victim rescue.
- Front and rear head hold escapes.
- Adult, child and infant rescue breathing, CPR and choking.
- Two rescuer CPR using bag valve mask.
- Controlling bleeding and applying a sling and binder.
- Backboard immobilization.
- Rescuing an active and submerged victim.

Everyone will be required to take a full written exam covering the following: Waterfront, Lifeguarding, First Aid and CPR.

All participants must bring resuscitation mask and Lifeguarding book with them.

**To Register:**

CONTACT

THCSD Continuing Education Program: 73 County Rte. 11A, Craryville NY, 12521

For information on how to register, contact Jordan McComb at (518) 325-2815 or

[jmccomb@taconichills.k12.ny.us](mailto:jmccomb@taconichills.k12.ny.us)

**For more information related to the certification tests call:**

Lyle Hamm: @ (518) 828-5251 between 6 & 8 PM

**Deadline for registration & payment is October 14th**