

# American Red Cross Lifeguard & CPR Training 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. 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<sup>th</sup>.**

**Date(s):** March 24 & 31; April 7, 14 & 28; May 5, 12, 19 & 26.

**Time:** 8:30 AM - 11:30 AM

**Instructor(s):** Lyle Hamm

**Tuition Fee:** \$85.00 class fee / Materials \$86.00 = \$171.00 Total

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

**Entrance:** Aquatic Center

**PARTICIPANT RELEASE** (Parent must complete for participants under the age of 18).

\_\_\_\_\_ 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: \_\_\_\_\_

Dear Lifeguard Training Candidate:

We welcome your interest in the American Red Cross Lifeguard Training Program. The time and place of the course are listed below.

**PLEASE NOTE: THERE ARE NO ABSENCES ALLOWED FOR ANY OF THE SESSIONS!**

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Dates: March 24 & 31	Materials: \$86
April 7, 14 & 28	Tuition: \$85
May 5, 12, 19 & 26	TOTAL: \$171
Times: 8:30 AM – 11:30 AM	

Location: Taconic Hills Aquatics Center

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This program is the American Red Cross Lifeguard Training course. Which emphasizes professionalism, prevention, and surveillance, preventing disease transmission, performing equipment-based rescues, as well as, aquatic-specific first aid and CPR training.

Candidates who successfully complete the program will receive all the certificates necessary for employment as a Waterfront Lifeguard in New York State (which includes the First Aid valid for two years and CPR/AED for the professional Rescuer valid for two years).

In this program you will have the opportunity to learn about the duties and responsibilities of a lifeguard and how to carry them out in professional manner. You will also learn a number of lifeguard techniques, such as: how to use surveillance techniques, the use of equipment to rescue a distressed swimmer or drowning victim, and how to care for a victim who has suspected spinal injury.

This training requires strenuous activity. If you have a medical condition or disability that might restrict your participation in practice sessions, or if you have any concerns at all about your ability to participate fully in the course, please inform the instructor before the first class.

**AN IMPORTANT REMINDER:** To enroll in our Lifeguard Training program, you must be 15 years of age **ON OR BEFORE** the Last course session listed above. You will be asked to provide proof of your age at the first course session.

A PRELIMINARY TEST OF YOUR WATER SKILL WILL BE GIVEN AT THE FIRST CLASS MEETING DATE LISTED ABOVE. YOU MUST PASS THIS TEST TO ENTER THE CLASS.

- Swim 550 yards, 25 yd pool =20 lengths of the pool continuously and without assistance. During the swim, demonstrate at least 200 yards each of crawl stroke with rhythmic breathing and 200 yards breaststroke then 150 yards of either of the above. There is no time limit to complete the 550-yard swim.
- Swim 20 yards using breast or crawl stroke. Surface dive to a depth of at least 10 feet, recover a 10 pound diving brick and bring it to the surface and swim 20 yards back to the start with the brick. Time limit 1 min. 40 sec.
- Swim 5 yards submerge and retrieve three dive rings placed 5 yards apart in 4 -7 ft of water.

There is no time scheduled in the program for the improvement of deficient swimming skills. Therefore, enrollment in the course will be STRICTLY limited to those who can pass the skills test. If you have not been swimming for a while, we strongly urge you to condition yourself appropriately before attempting the preliminary skills test.

Additional course details will be presented during the program orientation session immediately following the preliminary water skills test. Candidates who do not complete the skills test satisfactorily, or choose not to continue in the program, will be given information on obtaining a refund for course fees.

At all sessions please be prepared for the following;

- Bring a swimsuit appropriate for vigorous swimming
- Two towels and warm-up attire
- A clipboard, paper, and a pen/pencil for taking notes
- Goggles are permitted during the 500-yard swim test
- Do NOT wear contact lenses during pool sessions
- Leave ALL jewelry at home
- If you have long hair, we recommend that you tie it back securely or wear a swim cap
- Bring valuables (wallet, car keys, valuable clothing, etc.) into the pool area with you. Program staff is NOT responsible for loss or theft.

AN IMPORTANT REMINDER: Criteria for successful course completion are: 80% or better on all written exams, satisfactory performance of all skills and final skill exams, And attendance at all classes.

**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