



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA Lifeguard Class

**Prerequisites:** Participants must be 16 years of age or older, at the end of the class. Physical competency requirements are on the back of this sheet. You must schedule an appointment with Justine to complete the physical competency requirements before registering for the class.

**At end of class you receive certifications for:**

- YMCA Lifeguard- valid for 2 years
- CPR for the Professional Rescuer/AED- valid for 1 year
- First Aid- valid for 2 years
- Oxygen Administration- valid for 2 years

You must attend all classes, receive 80% or better on all written exams, successfully perform all practical skills, demonstrate the "Safe in 6" lifeguard skills, successfully demonstrate strength and maturity to be a YMCA lifeguard to prevent accidents and also respond to emergencies through classroom and pool scenarios.

**Cost:** \$250 for members/\$300 for prospective members

If you drop out, miss class, or cannot pass the written exams or in-water skills for any reason your money will not be refunded.

**Includes:** YMCA Lifeguard, ASHI CPR-PR, First Aid and O2 Administration Certification, CPR Mask, Fanny pack, Whistle w/lanyard and On the guard: The YMCA Lifeguard Manual, Edition 5.

**When:**

May 2019

Thursday May 2<sup>nd</sup>, 5:00pm-9:00pm

Friday May 3<sup>rd</sup>, 5:00pm-9:00pm

Saturday May 4<sup>th</sup>, 1:00pm-7:00pm

Thursday May 9<sup>th</sup>, 5:00pm-9:00pm

Friday May 10<sup>th</sup>, 5:00pm-9:00pm

Saturday May 11<sup>th</sup>, 5:00pm-9:00pm

**Additional Info:**

Bring a Swimsuit, Towel, Pen, Paper and any food you wish to eat during the training.

**Where:**

Ragsdale YMCA  
900 Bonner Drive  
Jamestown NC  
27282

**Registration- There must be a minimum of 4 participants for us to offer the class.**

Schedule an appointment with Justine to complete the physical competency requirements. Once you pass the physical competency requirements you can then register for the class.

**Payments for the class must be made by Monday April 29<sup>th</sup> to ensure participant enrollment.**

# Lifeguard Registration Form:

Name: \_\_\_\_\_ Phone#: ( \_\_\_\_\_ ) \_\_\_\_\_ Last 4 SS# \_\_\_\_\_

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

City/ State/Zip: \_\_\_\_\_

Birth date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Participant's Signature:

\_\_\_\_\_

Parent's Signature if under 18 years old: \_\_\_\_\_

## **RELEASE AND WAIVER OF LEGAL LIABILITY**

**THIS IS YOUR RELEASE AND WAIVER OF LIABILITY** (the "Release"). You individually and/or on behalf of any minor child, release the YMCA of Greensboro, Inc., its officers, directors, board members, employees, volunteers, agents, independent contractors, other participants and/or others acting on its behalf (collectively, "YMCA"). You agree that this Release is effective immediately.

This is important to you and/or any minor children, so do not sign until you have had your questions answered. You provide this Release freely, and without duress under the following terms:

- 1) **GENERAL RELEASE:** I hereby agree for myself and/or my child and our respective heirs, assigns and legal representatives, to indemnify, defend and hold YMCA and its officers, directors, board members, employees, volunteers, agents, independent contractors and other participants ("Releases") in the program harmless from any and all claim and causes of action of any nature for any and all personal injury or illness, including death, which may occur to me and/or my child or which may be aggravated during or by any activity during the course of the program in which I have decide to allow myself and/or my child to engage. I further waive any and all claims or causes of action, which I and/or my child may now or hereafter have against Releases which may at any time arise as a result of any act or thing occurring in or arising out of my and/or my child's participation in the program. I further expressly understand and agree the foregoing indemnity, release and waiver is intended to be as broad and inclusive as permitted by the law of the State of North Carolina and that any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full force and effect.
- 2) **ASSUMPTION OF RISK:** I, individually and/or on behalf of any minor child, expressly and specifically assume any and all risk of injury, illness, death, or property damage resulting from my YMCA activities. You assume the risks: I, individually and on behalf of my minor child, understand that YMCA activities are strenuous and dangerous and should be engaged in only by persons in good health. I understand that I should consult a physician before enrolling myself and/or my child in the YMCA program. Once you sign, you are saying that you understand the risks involved and accept all of the risks.
- 3) **MEDICAL RELEASE:** I, individually and/or on behalf of any minor child, further hereby release YMCA from any claim whatsoever which may arise as a result of any first aid, treatment, or services or assistance provided to me in connection with any injury that arises from activities at YMCA. A) I take full responsibility for my and my child(s) welfare and safety on or at YMCA activities. B) I hereby give permission for emergency medical treatment to be administered as deemed appropriate.
- 4) **INSURANCE: YOU ARE EXPECTED TO HAVE YOUR OWN HEALTH INSURANCE.** You should understand that the YMCA does not carry insurance to cover injuries and losses that may befall you.
- 5) **PHOTOGRAPHIC RELEASE:** I consent to be photographed and to allow YMCA's use of any photos of myself and/or my minor child at its sole discretion.

**HAVING READ, UNDERSTOOD, AND AGREED WITH THESE TERMS, I HAVE EXECUTED THIS RELEASE, TO BE EFFECTIVE IMMEDIATELY.**

**Today's Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Applicant or Parent/Legal Guardian Signature:** \_\_\_\_\_

**To participate in the YMCA 2011 Lifeguard course,  
you must meet the following prerequisites:**

- Be at least 16 years old by the last day of the scheduled course. Note that parental consent is required for those younger than 18 years old prior to the start of the first class.
- Pass the following minimum physical screening requirements:
  - Phase 1
    - Tread water for two minutes
    - Swim 100 yards of front crawl
  - Phase 2
    - Swim 50 yards each of
      1. Front crawl with the head up
      2. Sidestroke
      3. Breaststroke
      4. Breaststroke with the head up
      5. Elementary backstroke kick with hands on the chest.
    - Perform a feet first surface dive in 8 to 10 feet of water (or maximum depth of training facility). Then swim underwater for 15 feet.
  - Phase 3
    - Sprint for a distance of 60 feet and then perform a headfirst surface dive in 8 to 10 feet of water (or maximum depth of the training facility).
    - Pick up an object (dive ring or stick) from the bottom of the swim area, tread water for at least 1 minute using legs only, and then place the object back on the pool bottom.
    - Swim the remaining length of the pool and hoist yourself out of the water.
    - Immediately begin compressions on a manikin for 1 minute or 100 compressions and stand and listen to directions from the instructor.

**You must schedule an appointment with Justine to complete the physical competency requirements before registering for the class.**