

## Lifeguard Training Registration Information

In the Lifeguard Training course, you will learn about the duties and responsibilities of a lifeguard and how to carry them out in a professional manner. You will also learn a number of lifeguard techniques, such as surveillance; how to use rescue equipment for a distressed swimmer, active drowning victim, and passive drowning victim; and how to care for someone who may have a head, neck, or back injury.

Successful course completion requires participation in classroom and skill sessions, as well as successful performance in skill and knowledge evaluations. Due to the nature of the skills in this course, you will be participating in strenuous activities, such as performing cardiopulmonary resuscitation (CPR) on the floor and removing someone from the water. If you have a medical condition or disability or if you have any questions about your ability to participate fully in this course, discuss them with your physician or health-care provider and the Red Cross instructor.

To enroll in the Lifeguard Training course, you must be at least 15 years of age before the last scheduled class session. Payment of \$185.00 (includes breathing barrier, book rental—books must be returned in good condition upon course completion) must be paid to the City of Rock Valley with registration. (payment fee waived if student is employed by the City of Rock Valley) There will also be a pre-course session, in which you will be required to pass a swimming skills test. The skills you will perform are as follows:

1. Swim 300 yards continuously, using these strokes in the following order:
  - a) 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or to the front.
  - b) 100 yards of breaststroke using a pull, breathe, kick and glide sequence.
  - c) 100 yards of either front crawl using rhythmic breathing or breaststroke. The 100 yards may be a combination of the front crawl and breaststroke.
2. Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return to the surface, and swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.
3. Tread Water for 2 minutes without using arms.

Upon successful completion of the American Red Cross Lifeguard training course, you will receive an American Red Cross Lifeguard Training certificate. The Lifeguard Training certificate Training certificate, which includes First Aid, is valid for 2 years. You will also receive a CPR/AED for the Professional Rescuer certificate, which is valid for 2 years.

**Attendance is required at all sessions.**

June 3 6:00-10:00pm

June 4 10:30am-1:00pm, 2:00-6:00pm, 6:30-9:00pm

June 5 8:00am-1:00pm, 1:30-6:00pm

June 6 8:00am-1:00pm

June 7 no class

June 8 8:00am-1:00pm

We will be meeting in the East Shelter House in the park (next to the Rock Valley Pool) for classroom activities & at the Rock Valley pool for all in water practice. Please be prepared with LG book and pencil/paper for the classroom and have a change of clothes & extra towels for in water as we will be moving between the pool and shelter house each day. We will be taking breaks for lunch/dinner, please be prepared & return on time as needed.

e-mail Alyssa Van't Hul at [rvpool@cityofrockvalley.com](mailto:rvpool@cityofrockvalley.com) if you have any questions

**\*Please keep this information for your records\***

## **Lifeguard Training Registration Form**

Registration forms must be completed and returned by May 10, 2019.

Course fee must be included with registration.

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

Address \_\_\_\_\_ Birthdate \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Student Phone # (with personal or electronic messaging) \_\_\_\_\_

E-mail address \_\_\_\_\_

Send to:

City of Rock Valley  
Attn: Swimming Pool  
PO Box 89  
Rock Valley, Iowa, 51247

If you have questions regarding this course or payment help, please call 476-5707 or e-mail [rvpool@cityofrockvalley.com](mailto:rvpool@cityofrockvalley.com)

Office Use Only
Date Received _____
Amount _____
Check Number _____