



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**



# **TRAINED TO SAVE**

## **LIFEGUARD COURSE**

### **HOPKINS COUNTY FAMILY YMCA**

**This course is designed to provide the participants with the knowledge and skills needed to be a lifeguard and professional rescuer. This comprehensive course offers up-to-date information on how to lifeguard by anticipating and preventing problems before they occur and by taking proper action to help those in danger when necessary. Course covers safety skills, accident prevention, scanning, guarding techniques, emergency systems, rescue skills, first aid in aquatic environments and spinal injury management.**

#### **Prerequisites:**

- **Must be 15 years old**
- **Must be able to use a forward-facing swim stroke continuously for 300 yards**
- **Must be able to tread water with no hands for 2 minutes**
- **Must be able to retrieve a 10-pound weight off of the bottom of the deep end and swim with it**

**The physical pre-course with the events listed under “prerequisites” will be the first activity of the course, to ensure all participants are physically capable of participating in the rest of the course. If the participant is unable to complete the pre-course they will not be able to continue.**

**First Aid/CPR/AED/Lifeguarding course dates and times:**

May LG course		June LG course	
May 16 <sup>th</sup>	4pm-9pm	June 5 <sup>th</sup>	10am-3pm
May 17 <sup>th</sup>	4pm-9pm	June 6 <sup>th</sup>	10am-3pm
May 18 <sup>th</sup>	4pm-9pm	June 7 <sup>th</sup>	10am-3pm
May 19 <sup>th</sup>	4pm-7pm	June 8 <sup>th</sup>	10am-3pm
May 20 <sup>th</sup>	8am-12pm	June 9 <sup>th</sup>	10am-3pm
<b>Deadline:</b>	<b>May 11<sup>th</sup> @ 9pm</b>		<b>June 1<sup>st</sup> @ 9pm</b>

**First Aid/CPR/AED/Lifeguarding course pricing-**

Member - \$200.00

Non-Member - \$220.00

**Thanks to generous funding for our Equity in Aquatics program to further water safety in our community, we are able to offer this Lifeguard course at NO COST to the participants. A special thanks to our partner, United Way of the Coalfield for their ongoing support.**

The Lifeguarding course uses the Blended Learning format, so please write down a valid email address for the participant, so that they may receive all the materials needed to complete the eLearning portion of the course. The eLearning portion takes about 8 hours and is self-paced, and it must be completed before the first in-person session.

Name \_\_\_\_\_ E-mail \_\_\_\_\_

Male \_\_\_ Female \_\_\_ DOB \_\_\_/\_\_\_/\_\_\_ Age \_\_\_\_\_ Address \_\_\_\_\_

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

Phone \_\_\_\_\_ Parent/Guardian \_\_\_\_\_ DOB \_\_\_\_\_

E-Mail \_\_\_\_\_ Emergency Contact/Number \_\_\_\_\_

I have read and understand the prerequisites for this course. I understand that if I am unable to pass this course (participants must have 100% class attendance, pass 100% of the water skills test, and receive an 80% or higher on written test in order to become certified) I will NOT receive a certification for this course.

**X**

Signature

Date

**X**

Parents' Signature (if under 18)

Date