



TOGETHER EVERYONE ACHIEVES MORE

Lifeguard Training

Presented by:

Cabot Parks and Recreation and the American Red Cross

Lifeguard Pre-test for Lifeguard Training & Recertification

- Swim 300 yards using a combination of front crawl or breaststroke... Swim 20 yards front crawl... (2) Minute Water Tread...

Participants MUST perform the following skills:

- Adult/Child/Infant CPR-AED Training for the Professional Rescuer. First Aid Skills (Multiple) Passive/Active Drowning Victim Rescues... Bloodborne Pathogen Training... Effective Scanning Skills... Basic Facility Safety Protocols... Adult/Child/Infant Conscious, unconscious and pregnant Choking victim rescues... Waterpark Lifeguard Skills

Must have proof of age, swim suit, CPR Adult/Infant Mask, Notepad & Pencil or Pen and any food and drink you will need.

Class Date: 3/21, 3/22 & 3/23

Thursday, March 21st: 12-8 pm (Pre-Test 1st.)

Friday, March 22nd: 12-8pm

Saturday, March 23rd: 9am-9pm or whenever the class is completed.

Cost of CPR Adult/Infant Mask \$13.00-NOT INCLUDED IN \$300.00 FEE

Registration fee MUST BE PAID IN FULL

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Name: \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_

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

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_-\_\_\_\_\_

List any special need or medical conditions/allergies we need to be aware of: \_\_\_\_\_

I grant permission to managing personnel to authorize and obtain medical care from any licensed physician, hospital or medical clinic should I or my child become ill or injured while in training.

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name of Parent/Guardian (if participant is under the age of 18): \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Amount Paid: \_\_\_\_\_ Cash Card Check# \_\_\_\_\_ Receipt Number: \_\_\_\_\_

There will be a \$25.00 processing fee to complete a refund. Refunds requested within 2 weeks of the class start date will be denied.