



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 or breaststroke and retrieve a 10lb. object... (2) Minute Water Tread in deep water without the use of your arms/hands.

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, both shall and deep water, on top of the water and fully submerged. Head/Neck/Spinal Injury Rescues, Shallow and Deep water plus on land. Bloodborne Pathogen Training Effective Scanning Skills Basic Facility Safety Protocols to aid in effectiveness of total pool operation. 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: 4/19, 4/20 & 4/21

Friday, April 19th :5-9 pm (Pre-Test 1st.)

Saturday, April 20th: 10am-9pm

Sunday, April 21st: 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

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.