



1250 Symons Circle • Richland Center, WI 53581 • 608-647-8522 • info@symonsrec.com

## 2023 Lifeguard Training & Recertification Courses

**Please complete the registration form and check the session(s) you would like to attend.**

### New Lifeguard Training Participants – Blended Learning (Must have easy access to the internet)

The primary purpose of the American Red Cross lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. Successful completion results in a 2 year certification in lifeguarding that includes first aid, professional level CPR and AED. Digital certificate available upon successful completion of course.

Candidates must attend ALL sessions and bring suits to each lesson. Prior to each session participants are required to complete the online assignments listed in the itinerary. (After you are registered you will receive an email with online directions & the itinerary) You must be at least 15 years of age. **Please bring proof of your age to the first class.** This course is offered in a blended learning format which requires advance registration with the American Red Cross. Participants will need to complete ALL online assignments BEFORE the FIRST class time listed below. Participants must provide proof of online completion upon arrival to first class; neither course sponsors nor instructors are able to verify or view your online status. Participants are required to attend all of the course dates & times listed below for the session they register for.

The pre-course swim for Lifeguarding Course and Recertification:

1. Swim 400 yards continuously, demonstrating breathing control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Goggles may be used for this prerequisite skill but cannot be used for any other parts of the pre-course session or during the course.
2. Tread water for 2 minutes using only the legs. Candidates should place their hands under their armpits.
3. Complete a timed event within 1 minute, 40 seconds:
  - Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are **not** allowed.
  - Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
  - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water.
  - Exit the water without using a ladder or steps.

### To register you must do one of the following:

1. Sign the waiver below confirming ability to meet pre-course swim requirements.  
OR
2. Attend a Pre-Course Swim Lifeguard class session. Cost is \$10.00 for members \$20.00 for non-members
  - Choose one of the following dates: April 6<sup>th</sup> @ 6:30pm; May 11<sup>th</sup> @ 6:30pm; May 18<sup>th</sup> @ 6:30pm
  - Attend a private pre-course swim session. Cost is \$25.00 for members; \$50.00 for non-members, contact [tracy@symonsrec.com](mailto:tracy@symonsrec.com) with days and times available or call 608.647.8522

### Swimming Ability Waiver:

I, \_\_\_\_\_ understand to become a lifeguard I must be able to swim proficiently. I am confident in my swimming skills and with that I am not going to attend a Pre-Course Swim Lifeguard class session. I understand that if I'm unable to pass the swimming portion of the course that I will not receive a refund.

\_\_\_\_\_  
Signature of prospective lifeguard

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of parent or guardian (if student is under age 18)

\_\_\_\_\_  
Date

**2023 Dates for Lifeguard Training Courses – Need easy access to internet (not dial-up)**

Cost: \$190 SRC members / \$240 non-members *If paying with a credit card there will be a convenience fee. If paying by a check make check out to Symons Rec. Complex. (\*\* Please bring a sack lunch as there will be a 30 minute break for lunch.*

\_\_\_ Session 1:

- April 16 8:00am-3:30pm Class @ Symons Recreation Complex\*\*
- April 23 8:00am-3:30pm @ Symons Recreation Complex\*\*
- May 21 8:00am-3:30pm @ Symons Recreation Complex\*\*
- May 29 or June 9 10:00am-6:30pm @ Deep water pool\*\*

\_\_\_ Session 2:

- May 26 4:00pm-9:00pm Class @ Symons Recreation Complex\*\*
- May 27 8:00am-12:00pm & 1:00-6:00pm @ Symons Recreation Complex
- May 28 8:00am-3:30pm @ Symons Recreation Complex\*\*
- May 29 10:00am-6:30pm @ Deep water pool\*\*

\_\_\_ Session 3:

- June 6 2:00pm-9:00pm\*\* Class @ Symons Recreation Complex, bring a sack lunch
- June 7 8:00am-12:00pm & 1:00-6:30pm @ Symons Recreation Complex
- June 8 8:00am-11:00am @ Symons Recreation Complex
- June 9 10:00am-6:30pm @ Deep water pool\*\*

**Lifeguard Training RE-CERTIFICATION–Class is blended learning (Must have easy access to the internet)**

Prior to the class you MUST go online and complete approx. 7.5 hours of work and videos. After receiving your registration (this form with payment) and copy of current lifeguard certificate you will receive an email with online directions. Email [tracy@symonsrec.com](mailto:tracy@symonsrec.com) or call 608-647-8522 and ask for Tracy if you have any questions or if you don't have access to the internet.

Students may elect to pick up book study guides prior to the class in order to prepare for testing, the cost to rent a lifeguard book is \$10.00. A link to a PDF file of the book will be emailed to you once you have registered. Lifeguard Training re-certification participants will be challenged on First Aid, CPR/AED Pro, and water rescue skills plus take all the written exams. Upon the successful completion of the American Red Cross Lifeguard Training re-certification, you will receive an American Red Cross Lifeguard Training digital certificate which includes First Aid & CPR/AED, which is valid for 2 years. **Participants for full lifeguard challenge course must attend the entire session** and must bring a swim suit. **Participants must turn in a copy of a current valid Red Cross issued Lifeguard Certificate along with this form.** Please note if you do not start the online course work at least 3 days prior to the day of the in class session you will NOT be able to attend the in class session & will not pass the lifeguarding recertification class.

**2023 Lifeguard Recertification Courses - \$110 members / \$130 non-members (Extra fee for study guides) members** *If paying with a credit card there will be a convenience fee. If paying by a check make check out to Symons Rec. Complex (Includes Lifeguard/First Aid/CPR/AED) If you have not registered and start the online course work at least THREE days prior to the recertification you will NOT be able to attend the Recertification.*

Times: 8:00am-6:00pm (Lunch Break will only be 30 minutes, please bring a sack lunch

Dates for Recertification Courses (Pick one date below):

\_\_\_ May 29<sup>th</sup> OR \_\_\_ June 9<sup>th</sup>

By completing this registration, you understand that you must pay the non-refundable class fee in advance.

**Refunds are not given for any reason.**

Print name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

E-mail Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Person to contact in case of emergency: \_\_\_\_\_ Phone: \_\_\_\_\_

\_\_\_\_\_  
Signature of prospective lifeguard Date

\_\_\_\_\_  
Signature of parent or guardian (if student is under age 18) Date

Successful course completion requires participation online, 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. 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 before you start the course. For Lifeguard Training, Lifeguard Challenge, and Water Safety Instructor courses: You understand that you will be required to successfully complete the pre-course swim detailed above. **Failing the pre-course swim eliminates you from participating in the course and you will not receive a refund.**