

SUSSEX ACADEMY AQUATIC CENTER

www.sussexacademy.org email: aquatics@sussexacademy.org
21150 Airport Road Georgetown, DE 19947 302-856-7805

Lifeguard Certification Registration Form:

Participant Name: _____ Age: _____ (Must be 15) DOB: _____

Parent/Guardian Name (if under 18 years): _____

Phone Number: _____ Email Address: _____

Fees Due: \$375/Re-Cert \$200 due 1st day of the class

Prerequisites: Please email lydia.schmierer@saas.k12.de.us to schedule a time to complete the week prior to the start of class.

Prerequisites and payment are required to complete registration.

American Red Cross Lifeguard Training

All participants are required to complete the online learning prior to the first class.

The 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 care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services personnel take over.

To enroll in the Lifeguarding course, you must be at least 15 years old before the last scheduled class session. To participate in the course, you must be able to pass a prerequisite skills evaluation by doing the following:

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. You may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs. You should place your hands under your armpits.
3. Complete a timed event within 1 minute, 40 seconds.
 - Starting in the water, swim 20 yards. Your 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 your back to return to the starting point with both hands holding the object while keeping your face at or near the surface so you are able to get a breath. You should not swim the distance under water. Exit the water without using a ladder or steps.

The prerequisite skills evaluation will occur **prior** to the first day of the course. Please bring a swimsuit and towel for the skills evaluation and for every class.

To successfully complete the course, you must attend the entire course, participate in all skill sessions/ drills, activities and scenarios, demonstrate competency in all required skills and scenarios, and pass the final written exams with a minimum grade of 80 percent.

The practice sessions will require some strenuous physical activity. You are encouraged to check with your health care professional before participating in the practice sessions. If you have a medical condition or disability that might prevent you from participating in the activities, or have questions about being able to fully participate in the Lifeguarding course, please contact me to discuss this before the course begins.

Upon successful completion of the course, you will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years. **If you have questions, please contact me directly at (302) 856-7805.**

Please review and confirm via email: lydia.schmierer@saas.k12.de.us

Sussex Academy Aquatics Center Contact Form

Class selection: _____

Please print clearly.

This form will be kept confidential to staff and will be shared only in emergency situations.

Email address is required in order to be informed of any pool closures or programming changes.

We encourage you to verbally mention to staff if you have any medical conditions or other issues that we should be aware of.

Emergency Contact #1: _____ Relationship: _____

Home, Cell and Work Phone: _____

Please sign if you grant the Sussex Academy **permission** to **use** my likeness in a **photograph**, video, or other digital media (“**photo**”) in any and all of its publications, including web-based publications.

Signature: _____

I have read and agree to abide by all of the rules and pool policies that are on the website. (Staff keeps a copy at the front desk. Please ask to review if you have not done so already.)

How did you hear about us? **Internet / Cape Gazette / The Post / Radio / Delaware Today Magazine**

Friend Referral: Name of friend who referred you: _____

Other: _____

For office use only-----

Staff Member's Printed Name _____ Date _____

Fees Due: Lifeguard Certification \$375/Re-Cert \$200 due first day of class

Total Amt. Received \$ _____

CC (last 4#) _____ Check (#) _____ Cash Rules Contact Info Entered into GM