



# American Red Cross Lifeguard Certification Class

(815) 234-8435

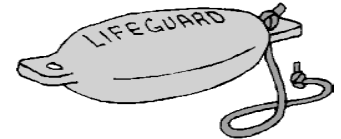
The American Red Cross Lifeguard Training course teaches lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. Upon successful completion of written and skill tests, participants will receive a Lifeguarding, First Aid, CPR/AED for the Professional Rescuer, and Bloodborne Pathogen certifications. **CLASS MAX: 6/10** Please Register Early!

### Prerequisites:

- É Swim 300 yards continuously, using these strokes in the following order: 100 yds of front crawl using rhythmic breathing, 100 yds of breaststroke using a pull-breath-kick-glide sequence and 100 yds of either front crawl, breast stroke or mixture of the two strokes.
- É Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7 - 10 feet, retrieve a 10-pound object, return to the surface, and swim 20 yards on your back to the starting point, place object on deck and get out of pool within 1 min., 40 sec. When returning to the starting point, one must hold the 10 pound object with both hands and must keep his/her face above the water.

**WHO:** Anyone, 15 years and older (Must be 15 by 3/16/12)

DAY/DATE	TIME (approximate)	TOPIC
Monday Feb. 27	5:30 - 7:30 pm	Pre-Test and the Professional Lifeguard
Wednesday Feb. 29	5:30 - 7:30 pm	Injury Prevention & Surveillance
Thursday March 1	5:30 - 7:30 pm	Emergency Preparation & Bloodborne Pathogens
Sunday March 4	1:00 - 5:30 pm	Water Entries & Rescues
Monday March 5	5:30 - 8:00 pm	Breathing Emergencies
Wednesday March 7	5:30 - 8:00 pm	CPR & AED
Thursday March 8	5:30 - 8:00 pm	First Aid
Sunday March 11	1:00 - 5:30 pm	Head & Back Injuries
Monday March 12	5:30 - 7:30 pm	Review & Skill Practice
Wednesday March 14	5:30 - 8:00 pm	Final Written & CPR Exams
Friday March 16	1:00 - 5:00 pm	Final Water Skills Test



**WHERE:** Byron High School Pool & Park District Conf. Room (Meet at Park District Conf Room)

**FEES:** \$110/residents \$125/nonresidents

**INSTRUCTOR:** Carrie Stralow, Aquatic Supervisor

\* Participants **MUST** attend ALL classes!

**REGISTRATION DEADLINE: Monday 2/13**

## American Red Cross Lifeguard Class

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

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

City, State, Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency Contact Name and Number: \_\_\_\_\_

Fee: \$110 for Byron Residents \$125 for Non residents

ÉPlease make checks payable to Byron Park District

**Byron Park District** ▣ **PO Box 423** ▣ **Byron, Illinois 61010**

### RELEASE OF LIABILITY STATEMENT

In consideration of me (or my child/ward) being allowed to enroll in this course(s), I hereby personally assume all risks in connection with this activity and I release the instructors, supervisors, owners and the Byron Park District for any injury or damage and further I save and hold harmless the instructors, supervisors, owners and the Byron Park District from any claim by me, my family, estate, heirs, or assigns, arising out of my enrollment and participation.

I have read and fully understand the above program details and waiver release of all claims.

Signature of Parent or Guardian \_\_\_\_\_

Date \_\_\_\_\_