



GREENSBORO AQUATIC CENTER
Lifeguard Training Contract

Attention Students: Please read this carefully and bring it with you to class!

In the course, you will learn about the duties and responsibilities of a lifeguard and how to carry them out in a professional manner. You will learn a number of lifeguarding techniques, such as surveillance; how to use rescue equipment for a distressed swimmer, active drowning victim, and passive drowning victim; and how to care for someone who may have a head, neck, or back injury.

Successful course completion requires 100% participation in classroom and skill sessions, as well as successful performance in skill and knowledge evaluations. If you miss any classes, make-ups are at the discretion of the Instructor. Due to the nature of the skills in this course, you will be participating in strenuous activities, such as performing CPR on the floor and removing someone from the water. 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 or healthcare provider before you start the course.

To enroll in the Lifeguard Training course, you must be at least 15 years of age before the last scheduled class session. Please bring a picture ID or copy of a birth certificate with you to the class for verification. There is also a pre-course session. This is a prerequisite before you are accepted into the Lifeguard Training Course. You will be required to pass a swimming skills test. The skills you will perform are as follows:

1. Swim 300 yards continuously using these strokes: Either front crawl using rhythmic breathing and a stabilizing, propellant kick or breaststroke. It may be a mixture of front crawl and breast stroke.
2. 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 back on your back to the starting point with the object.
3. Tread water for two minute without using your hands

If you do not pass the precourse, you will be given information about the next course. If you do not pass the course, you will not be eligible for a refund. If you do not complete the course, Upon successful completion, you will receive an American Red Cross Lifeguard Training certificate valid, which is recognized by most employers of aquatic facilities in all fifty states. The Lifeguard Training certificate, which includes First Aid, CPR for the Professional Rescuer is valid for 2 years. Have a great class!

I have read and understand and of the course requirements and the refund policy.

Print _____ Date _____

Signature _____ Date _____

(If under 18)

Guardian Signature _____ Date _____