

Lifeguard Course Registration

Price: Lifeguard- \$200 / Lifeguard renewal \$100

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.

Participant's Name: _____

Phone number: _____

Email Address: _____

Age: _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

Prerequisite skill evaluation

I have completed the prerequisite skills that are required to enroll in this course, which includes

- 500 yard swim
- Tread water for 2 minutes using only legs
- Complete a timed event within 1 minute and 40 seconds
 - Swim 20 yards
 - Surface dive and retrieve a 10 pound object
 - Return to surface and swim 20 yards on back with both hands holding the object
 - Exit the water without using a ladder or steps

**Pre-Requisite skills MUST be completed Before the first day of class. \$50 is required up front before the pre requisite skills test will be given. This fee goes toward lifeguard course fee. Refunds are NOT given for those who do not meet requirements.*

Circle the class that best fits your schedule:

March 5 – 9
10am – 5pm

April 13, 20 - 22
April 13 – 4pm – 8pm
April 20 – 4pm – 9pm
April 21/22 – 9am – 7pm

May 18 - 20
Friday 4pm - 9pm
Saturday and Sunday
9am-7:30pm

Waiver

I acknowledge that The University of Memphis Campus Recreation Intramural Services does not provide health or accident insurance for its program participants. I, the undersigned, recognize that my child and/or I participate at our own risk.

Signature: _____ Date: _____