

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.

This course is taught in the style of blended learning. This class will be broken up into online components along with the traditional classroom setting. There is approximately 7 hours of online work that must be completed before the first day of each class. Online modules will be available once the Pre-requisite skill evaluation has been completed

Age requirement: You must be at least 15 years old on the first day of class to be eligible for certification

Participant's Name: _____ Phone number: _____

Email Address: _____ Age: _____ Date of Birth: _____

Address: _____ City: _____ State: _____ Zip: _____

Prerequisite skill evaluation

___ I understand that the completion of the prerequisite skills is required to participate in this course. The required skills that must be passed includes:

- 300 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 one week prior to the first day of class. The cost of the class is required up front before the pre requisite skills test will be given. Refunds are NOT given for those who do not meet requirements.*

**Registration deadline is one (1) week before the first class of each session*

Circle the class that best fits your schedule:

March 22 – 4pm – 9pm

April 26 – 4pm – 9pm

May 17

May 31 – 4pm – 9pm

March 23, 24 – 9am – 6pm

April 27/28 – 9am – 6pm

4pm – 9pm

June 1 – 2 – 9am – 6pm

May 18 - 19

9am – 6pm

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: _____

CRIS Staff:

Method of Payment: _____ Amount Paid: _____ Receipt number: _____ Initials: _____