

**DO NOT WRITE IN YOUR BOOK UNTIL YOU HAVE PASSED THE SWIM SKILLS TEST. NO REFUNDS WILL BE ISSUED FOR BOOKS WITH WRITING.**

February 18, 2008

Dear Lifeguard Course Participant:

Thank you for your interest in the American Red Cross Lifeguard Training course. In this course you will learn about the duties and responsibilities of a lifeguard and how to carry them out in a professional manner. You will also learn a number of lifeguarding techniques, such as how to use surveillance techniques; how to use rescue equipment to help rescue a distressed swimmer, and active drowning victim, and a passive drowning victim; and how to manage a suspected spinal injury victim.

These practices require strenuous activity. If you have a medical condition or disability that might prevent you from taking part in the practice sessions, or if you have any questions at all about your ability to participate fully in the Lifeguard Training course, you should discuss it with me before you start the course.

To enroll in a Lifeguard Training course, you must be at least 15 years old and should have completed Level V of American Red Cross Swim Lessons. **There will also be a skills test during the first class which you will be required to pass. The skills you will perform are as follows:**

- Swim continuously for 500 yards – 100 yards breast stroke and 400 yards of front crawl.
- Swim 20 yards front crawl or breast stroke; surface dive and pick up 10-pound object; holding the object, swim back 20 yards to the side of the pool using the elementary back stroke.
- Tread water for 2 minutes.

Upon successful completion of the American Red Cross Lifeguard Training course, you will receive an American Red Cross Lifeguard Training Certificate. The Lifeguard Training certificate, which includes First Aid skills, is valid for 3 years. Along with this the Lifeguard Training certificate you will also receive a certificate in CPR for the Professional Rescuer, which is valid for 1 year.

The fee for the course is \$150.00. This fee includes all instruction, Red Cross manuals, and the mask for the CPR class. These will be available in the Parks and Recreation office after May 1<sup>st</sup> . Please use the form below to register for the class. **The fee and proof of age (copy of**

**birth certificate or driver's license) must accompany the form.** Please make checks payable to Parks & Recreation. The class is limited to the first 15 people to register.

There will only be one session of Lifeguard Training offered. The first class of the session will include a water stroke and skills check. All classes will be held at the War Memorial Park Pool & Bathhouse.

**CLASS DATES**

Wed, May 28	5:30pm-8:30pm
Thurs, May 29	5:30pm-8:30pm
Fri, May 30	5:30pm-8:30pm
Sat, May 31	9am-noon
Sun, June 1	10am-1pm
Tues, June 3	5:30pm-8:30pm
Sat, June 7	9am-noon
Sun, June 8	10am-1pm
Mon, June 9	5:30pm-8:30pm
Tues, June 10	5:30pm-8:30pm
Wed, June 11	5:30pm-8:30pm
Thurs, June 12	5:30pm-8:30pm
Fri, June 13	5:30pm-8:30pm

Successful completion of this class does not guarantee employment with Parks & Recreation.

Please be prepared to show us what you can do! If you have questions, please contact Parks & Recreation at 264-4842.

Sincerely,

Jaimee Borger

\*\*\*\*\* (cut here) \*\*\*\*\*

**Martinsburg-Berkeley Co Parks & Recreation Board**  
**2008 LIFEGUARD TRAINING COURSE**

\$ \_\_\_\_\_  
# \_\_\_\_\_  
Proof \_\_\_\_\_

Name \_\_\_\_\_

Birthdate \_\_\_\_\_ Age \_\_\_\_\_ Phone No. \_\_\_\_\_

Address \_\_\_\_\_

Have you enclosed proof of age and the class fee of \$150? \_\_\_\_\_