FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y Lifeguard Training Course

To register for the Y Lifeguard class, please fill out & sign:

- **Registration form**
- **Participant Health & Information form**
- **Acknowledgement form**
- **Parent consent form if participant is under 18 years old.**

Class fee includes a fanny pack, pocket mask and whistle, issued during class. Participants are required to bring these and class-issued YMCA Lifeguard Manual, to every class.

The ARC Lifeguard manual will be on loan during class. If it is lost or not returned by the last day of class, certification may be held until either it is returned or a $50 restocking fee is paid.

Y Lifeguard Registration Form

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Y Lifeguard Class (March)

03/16 – 03/25
5:30pm – 9:30pm
PARTICIPANT MUST ATTEND ALL CLASSES
Course fee: $250
$250 reimbursed if Guard works for the YMCA

Name **(please print)** _____

Email **(required)** _____

Mailing Address: **Street** _____

City_____**Zip**_____

Phone Cell _____ Home _____

Birthdate: Day___Month___Year___ **(must be at least 16 years old by last day of course)**

Emergency Contact: _____

Phone: _____

Refund Policy: Class fees are not refundable or transferable unless the YMCA cancels the class, the participant moves from the area or there is proof of an illness. No make-up lessons will be given. I realize that there is a risk of being injured inherent in all programs. I realize that the risk of injury may be severe. The YMCA carries no medical coverage on program participants. If you are injured during a class, your insurance coverage is responsible.

**** I have read and understand the requirements (attached to this form) needed to pass the YMCA Lifeguard course. I also understand that passing this course does not guarantee a job with the Licking County Family YMCA**

Signature_____**Date**_____

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Licking County Family YMCA
Y Lifeguard Participant Health & Information

Name_____

Age_____ Birth date ____/____/_____ (must be at least 16 years old by last day of course).

Please answer the following questions; explain any YES answers:

1) Do you have any chronic or ongoing illness? _____YES NO

2) Have you ever been dizzy during or after exercise? _____YES NO

3) Have you ever passed out during or after exercise?_____ YES NO

4) Has any family member or relative died of a sudden death before age 50?_____YES NO

5) Have you ever had chronic cough or recurrent bronchitis?_____ YES NO

6) Have you ever had a bone or joint disorder, fracture, broken bone, dislocation, trick joint or arthritis?_____YES NO

7) Are you allergic to any medications? YES NO If yes, which? _____

8) Do you have any communicable diseases? _____YES NO

9) Do you have any known allergies? _____ YES NO

10) Are you taking any medication regularly? YES NO. If YES, what kind & will it affect your performance in the water?_____ YES NO

11) Immunizations (tetanus/MMR) are current/up to date. _____YES NO

12) Do you wear glasses or contacts? _____ YES NO

13) Do you need to wear them while swimming? _____YES NO

Authorization

I certify that the information on this form is complete and accurate. I understand that this will serve as the basis for determining that (I/my child), _____may participate in the YMCA Lifeguard program. I also understand that the medical information is only to determine fitness & ability to participate and is not to take the place of regular medical examinations.

Signature_____

Date_____

Relation to student (if under 18 years): Mother ____ Father ____ Guardian ____

Turn over for acknowledgement signatures

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ACKNOWLEDGEMENT FORM

I have read and reviewed the YMCA Lifeguard Candidate Welcome Letter and understand the training program criteria and agree to the expectations required of me.

_____ _____
Candidate's Signature Date

PARENT MINOR PARTICIPANT PERMISSION FORM

If your child is under age 18, we are required to obtain your legal consent for your child to participate in the Y Lifeguard training course.

Please review the Welcome Letter with your child prior to signing.

I understand that this course is my child's opportunity to demonstrate their ability to show responsibility in a professional job & I will not interfere unless necessary.

I grant permission for _____to participate in the YMCA Lifeguard Training Program.

_____ _____
Parent/Guardian Signature Date

Turn over for Health & Information

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Y Lifeguard Candidate Welcome Letter

(read & keep for your records)

Thank you for enrolling in the Licking County Family YMCA Lifeguard Training course. **Attendance is required for all classes**. **Failure to attend any class may keep you from receiving certification**.

The Y believes that preventing an accident and saving a life is worth the hours of training and dedication essential to becoming a competent lifeguard. YMCA-certified lifeguards have a serious responsibility to prevent accidents and handle emergencies properly. It is imperative that lifeguards are physically trained, mentally alert, and have the maturity to safely guard an aquatic area.

We expect you to demonstrate your maturity at all times during classroom and pool instruction by:

- Participating in **ALL** class, pool, and practice sessions
- Arriving promptly and prepared for class (assignments completed, swimsuit, towel, fanny pack, lifeguard manual and participant packet)
- Presenting a positive attitude and courteous class conduct
- Making an appointment with the instructor when you have difficulty understanding the material presented or if you have specific testing needs.

To participate in the YMCA/ARC Lifeguard course, you must meet the following prerequisites:

- Be at least 16 years old by the last day of the scheduled course. (The consent of a legal guardian is required for those younger than 18 years old prior to the start of the first class).
- Pass the following Physical Competency Requirements (conducted in class on the first day):

Swim Competency:

- **Swim 300 yards**, continuously demonstrating breath control and rymthic breathing. Candidates may swim using the front crawl, breaststroke or combination of both, but swimming on the back or side is not allowed. Swim Goggles may be uses.
- **Tread water for 2 minutes**, using only the legs. Candidates should place their hands under their armpits.
- **Complete a timed event within 1 minute 40 seconds:**
  - Starting in the water, swim 20 yards. Swim goggles are not allowed
  - Surface dive feet-first or head first, to a depth of 7-10 feet to retrieve 10lbs object.
  - Return to the surface and swim 20 yards on back to return to the starting point with both hands holding the object and keeping the face near the surface in order to breath (or to get a breath).

- Exit the water without using ladder or steps.

To successfully complete the course, you will be required to perform the following:

- Demonstrate competency in each critical skill taught in the course. Competency is defined as being able to perform each critical skill correctly and without guidance.
- Successfully complete Basic Life Support (CPR for the Professional Rescuer), including AED, Basic First Aid, and Emergency Oxygen Administration certifications.
- Complete all online learning assignments according to the schedule set by the instructor. Total eLearning time is 7 to 10 hours. Must have access to a computer with Adobe Flash player in order to complete the assignments.
- Successfully complete water tests and all scenarios.
- Pass all written exams with at least an 80% score. The final Lifeguard exam requires an 80% score or better on each section of the exam to pass.

Paying the course fee does not guarantee certification. Successful completion of the course does not guarantee YMCA employment. Upon successful completion of the course, you will receive YMCA Lifeguard certification and ASHI Basic First Aid and Emergency Oxygen Administration, which are all valid for two (2) years. You will also receive Basic Life Support (CPR-Pro & AED) which is valid for one (1) year. BLS must be renewed annually and proof sent to YMCA of the USA in order to keep your YLifeguard certification current.

The YMCA Lifeguard manual will be on loan during class. If it is lost or not returned by the last day of class, certification may be held until either it is returned or a $50 restocking fee is paid.

A fanny pack, resuscitation mask, whistle and lanyard will be given to lifeguard candidates during class and this is included as part of your class fee.

Please sign and return the Acknowledgement form, the Health & Information form, and the Registration form to the YMCA Service Desk when registering for class. Keep this letter for your records.