



# Lifeguard Training Course



Become a certified lifeguard through the American Red Cross.

Text books and training materials included.

This course includes Lifeguarding and CPR/AED for Professional Rescuer and First Aid.

## Prerequisites:

- *Minimum age of 15 by course completion. Identification required.*
- *Swimming Skills: 300 yard continuous swim demonstrating breath control and rhythmic breathing. Candidates may use front crawl or breaststroke.*
- *Tread water for 2 minutes using only the legs.*
- *Timed swim & surface dive: Swim 20 yards (no goggles), surface dive to a depth of 7-10 feet to a retrieve a 10-pound object, return to the surface and swim 20 yards on the back to starting point. Exit the water.*

*Failure of the pre-test disqualifies you from taking the course.*

## Certification Requirements:

- *Attend and participate in all class sessions.*
- *Demonstrate competency in all required skills and activities.*
- *Demonstrate competency in all required final rescue skill scenarios.*
- *Pass both the Section 1—CPR/AED for the Professional Rescuer and First Aid and Section 2—Lifeguarding Skills final written exams with minimum of 80 percent.*

## Certifications:

- *Lifeguard/First Aid/CPR/AED: 2 years*

Pre-test:	Thursday, January 3, 2013 @ 7:00pm
Class Dates:	Thursdays, January 10th—March 15th
Class Times:	6:30pm—10:00pm
Location:	NBTHS Pool
Cost:	\$250.00 North Brunswick Residents \$265.00 Non-Residents
Code:	30313-01

Participants are required to attend all dates and times and are responsible to attend any make-up classes as determined by the instructor.

Registration Form on Reverse  
(732) 247-0922 ext. 475

**REGISTRATION FORM** - You must enclose a stamped, business size, self addressed envelope with your registration. Failure to do so may result in delay of processing and may put you at risk for losing your spot in an activity. Checks should be made payable to: The Township of North Brunswick. Mail registration forms to: DPRCS Registration, 710 Hermann Road, North Brunswick, NJ 08902.

Registration is on a first come, first serve basis. **ACTIVITY FEES ARE NON-REFUNDABLE**

Family's Last Name \_\_\_\_\_ Address: \_\_\_\_\_

Town: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: (\_\_\_\_\_) \_\_\_\_\_ E-Mail: \_\_\_\_\_

**Fill in following if registering a minor**

Father's Name: \_\_\_\_\_ Work Phone :(\_\_\_\_\_) \_\_\_\_\_ ext. \_\_\_\_\_

Cell Phone: (\_\_\_\_\_) \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Work Phone :(\_\_\_\_\_) \_\_\_\_\_ ext. \_\_\_\_\_

Cell Phone: (\_\_\_\_\_) \_\_\_\_\_

**Emergency Contact:** First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Home Phone: (\_\_\_\_\_) \_\_\_\_\_ Work Phone: (\_\_\_\_\_) \_\_\_\_\_ ext. \_\_\_\_\_

Cell Phone: (\_\_\_\_\_) \_\_\_\_\_

**CODE OF CONDUCT-** The Department of Parks, Recreation & Community Services advocates and supports youth and adult programs in North Brunswick. The DPRCS staff prides itself in offering educational opportunities through leisure experiences. Participation in DPRCS programs is subject to the observance of DPRCS rules and procedures. The activities outline below are strictly prohibited. Any participant or staff member who violates this Code is subject to discipline, up to and including removal from the program.

- Abusive language towards a staff member, volunteer or another participant
- Possession or use of alcoholic beverages or illegal drugs on North Brunswick Township property or reporting to the program while under the influence of drugs or alcohol
- Bringing onto North Brunswick Township property dangerous or unauthorized materials such as firearms ,weapons or other similar items
- Discourtesy or rudeness to a fellow participant, staff member or volunteer
- Verbal, physical or visual harassment of another participant, staff member or volunteer
- Conduct endangering the life, safety, health, or well-being of others
- Failure to follow any Department of Parks, Recreation & Community Services policy or procedure
- Bullying or taking unfair advantage of any participant
- Failing to cooperate with adult supervisor / leader / mentor
- Failure to leave area in the condition in which you found it, including restrooms, gym, hallways and any other area used.

**I have read and understand the Code of Conduct:** \_\_\_\_\_

**MEDICAL RELEASE:** I recognize that participation in contact sports and other activities may occasionally lead to injury. The most common injuries are abrasions, bruises, sprains, and strains. Less common injuries, but perhaps more serious, may occur. I hereby authorize emergency medical care for my child(ren) or myself. If, in the judgment of the staff, treatment is required for injury or illness, I hereby authorize the administering of anesthetics & recourse to other procedures deemed necessary by attending physician. I recognize that I am financially responsible for any expenses for medical care or transportation incurred.

Doctor's Name: \_\_\_\_\_ Doctor's Phone: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**HOLD HARMLESS AGREEMENT:** I agree to abide by the conditions herein and agree to hold harmless, waive, and release any and all claims for damages against the Department of Parks, Recreation & Community Services, Township of North Brunswick, North Brunswick Board of Education, its agents and employees, and other such Individuals who may be involved in the planning and implementation of this / these programs.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**\*\*\*If you are registering for a swim lesson, a swim test card must accompany registration form\*\*\***

Participant's Name		Date of Birth	Sex	School (if child)	Grade	Program Code		Amount
Last	First					1st Choice	2nd Choice	

Payment Method: \_\_\_ Cash (don't mail) \_\_\_ Check # \_\_\_\_\_ \_\_\_ Credit Card Mastercard \_\_\_ Visa \_\_\_\_\_ **TOTAL** \_\_\_\_\_  
 Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_ Signature: \_\_\_\_\_

Photos are taken during programs, special events and Township functions. Please note, the Township may print your photo in the Township brochure, on TV 15, or any other Township mailing. If you have any objections please contact Lou Ann Benson 732-247-0922 ext. 475.