

## The Village of Hastings on Hudson Recreation Department



### **American Red Cross Lifeguard Training Course (New 2017 Curriculum)**

Provides entry-level participants 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 EMS personnel take over.

Course completion requirements: pass re-requisite swim evaluation, complete all online learning assignments (approximately 7 hours worth of online study), participate in all in-person training sessions, demonstrate competency in all skills, complete all assignments, pass final written exam with 80% or higher. Successful candidates will earn a completion certificate indicating Lifeguarding/First Aid/CPR/AED valid for 2 years. Note: NY State requires that lifeguards renew their CPR/AED for the Professional Rescuer every 12 months.

#### Pre-requisites:

Must be 15 years of age by last scheduled class

Must pass a pre-course swim evaluation that includes: Swim 300 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds (Starting in the water, swim 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point, exit the water without using a ladder or steps).

#### 2017 JUNE Pre-Course Evaluations:

Session A: June 17 9:30am

**OR**

Session B: June 24 9:30am

#### 2017 JUNE Course Sessions:

June 25 (9:30am – 3:00pm)

**AND**

June 26, 27, 28, 29, 30 (5pm – 8pm)

Location: Chemka Pool (1 Chemka Pool Road)

#### Registration:

Confirm registration 7 days prior to start date to ensure student receives pre-course materials to complete assignments due on Day 1 of training.

Registration fee: Residents: \$375 Non-Residents: \$400

**\*\*Payment is only due once you have COMPLETED THE PRE-COURSE\*\***

Registration is available online or in-person at the Recreation Department (James Harmon Community Center, 44 Main St Hastings)

**For further information, or to access online registration, visit:**

**<http://www.hastingsgov.org/recreation-department>**

**or call the Recreation Department at 914-478-2380**

Village of Hastings on Hudson  
Recreation Department

Lifeguard Training Course 2017

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Phone #: \_\_\_\_\_ Cell #: \_\_\_\_\_ D.O.B: \_\_\_\_/\_\_\_\_/\_\_\_\_

Email Address: \_\_\_\_\_

Pre-Course Dates: June 17 OR June 24  
(\*\*Please circle one\*\*)

Pre-Course Times: 9:30am

Program Dates: June 25 (9am – 3pm)  
AND  
June 26, 27, 28, 29, 30 (9am-3pm)

Location: Chemka Pool (1 Chemka Pool Road)

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**Emergency Contact:**

Someone other than a parent in case of an emergency.

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

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In consideration of accepting this registration form, I the undersigned, for myself, my executors, administrators and assignees, do hereby discharge Hastings Recreation Department, and any and all sponsors, organizers and their representatives and successors from all claims of damages, demands, actions and causes of action whatsoever, in any manner arising or growing out of my participation in said program. I further attest that my child is physically qualified to participate in the program.

**Parents Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_