

The Village of Hastings on Hudson Recreation Department



American Red Cross Lifeguard Training Course

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).

2016 JUNE Course Sessions:

Session A: June 8, 9, and 10 (9:00am - 3:30pm)

Session B: June 26, 27, 28, 29, 30 and July 1 (6:15pm – 9:45pm)

Location: Chemka Pool (1 Chemka Pool Road) & James Harmon Community Center (44 Main St) Hastings NY 10706 (locations are walking distance from each other)

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: \$350 Non-Residents: \$375

Additional \$35 fee paid directly to the Red Cross when enrolling in the online portion of the course.

Register online 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

REGISTRATION FORM

Name: _____ **Sex:** M _____ F _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

D.O.B: ____/____/____

Home Phone #: (____) _____ **Cell Phone #:** (____) _____

Email Address: _____

Name of Program Registering For: _____

Emergency Contact: _____

Relationship: _____ **Phone #:** (____) _____

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

Signature: _____ **Date:** _____

For Office Use ONLY:

Payment Rec'd: _____ **Date:** _____ **Initials:** _____