



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lifeguard Course Information

- Participants will receive a link to the prerequisite online learning portions as well as more detailed class Information.
 - approximately one week prior to the course.
 - Participants must attend all four sessions of the course.
 - All online content must be completed prior to the first day of the course.
 - Upon successful completion of the course, participants will be certified in Lifeguarding/First Aid/CPR/BLS.
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Y-USA Lifeguarding Course

Instructor: Tina Henderson, Ashlynn Smith

Tuesday, May 23, 4:00pm–6:30pm

Thursday, May 25, 10:00am–6:30pm

Wednesday, May 24, 2:00pm–6:30pm

Friday, May 26, 11:30am–4:00pm

Participants must be at least 16 years of age prior to Tuesday, May 23, 2023. The deadline to register is Thursday, May 18, 2023.

Pass the following Physical Competency Requirements (conducted in class on the first day):

- Phase 1 – Tread water for 2 minutes – Swim 100 yards of front crawl
- Phase 2 – Swim 50 yards of each: 1. Front crawl with the head up 2. Sidestroke 3. Breaststroke 4. Breaststroke with the head up 5. Elementary backstroke kick with hands on the chest – Perform a feetfirst surface dive in 8 to 10 feet of water (or maximum depth of training facility). Then swim underwater for 15 feet.
- Phase 3 – Participants start in the water at the shallow end. – Sprint for a distance of approximately 60 feet, and then perform an arm-over-arm surface dive in 8 to 10 feet of water (or maximum depth of training facility).
- Pick up an object (dive ring) from the bottom of pool, surface, tread water for at least 1 minute with legs only, and replace the object back to the bottom of the pool where it was found.
- Swim the remaining length to end of the pool, and hoist yourself out of the water. Immediately begin compression on an adult manikin for 1 minute or 100 compressions, and stand and listen to directions from the instructor.

Please Note:

Once you register and pay, you will receive an email from the trainer with a link to the YMCA online learning portal. Your registration will not be complete and you will not be in the class until you finish this registration process on the website.

For additional questions please email Meredith at meredith@gapiedmontymca.org.



FOR YOUTH DEVELOPMENT
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Lifeguarding Course Registration Form

Tuesday, May 23, 4:00pm-6:30pm

Thursday, May 25, 10:00am-6:30pm

Wednesday, May 24, 2:00pm-6:30pm

Friday, May 26, 11:30am-4:00pm

***Please provide the email you check most regularly in order to receive the online content.

Name _____

Address _____ City _____ State ____ Zip _____

Phone _____

Email _____

DOB ____ / ____ / ____ Age _____

(Please make sure you provide the same email address as the one you use for the online portion of the course.)

Emergency Contact Name _____

Emergency Contact Cell Phone _____

Any physical concerns that we should be aware of?

If you are under 18 years of age:

Parent Name _____

Parent Signature _____

Parent Cell Phone _____

Class Fees:

Member Price: \$175

Non-Member Price: \$225

- If participant does not pass the skills pre-test, they will be refunded \$65.
 - Please see attached information for additional requirements.
 - Participants must attend every day of their registered session.
 - Current staff please email regarding staff discount.
 - Participants are eligible for a 50% reimbursement dependent upon hiring and duration of employment.

Please Note:

Once you register and pay, you will receive an email from the trainer with a link to the YMCA online learning portal. Your registration will not be complete and you will not be registered for the class until you finish this registration process on the website.

YMCA OF GEORGIA'S PIEDMONT PARTICIPANT WAIVER

PARTICIPANT WAIVER

As a participant in programs offered through the YMCA of Georgia's Piedmont for either myself or my child, the undersigned acknowledges and agrees to the following:

1. The YMCA is a Christian organization and that my child and I are expected to conduct ourselves in accordance with the teachings of Jesus Christ.
2. I give my permission to the YMCA of Georgia's Piedmont for the use of photos and slides that may be taken of my child or of myself and to use, without limitation or obligation, photographs, film footage, or tape recordings which may include either my image or voice or the image and voice of my child for purposes of promoting or interpreting YMCA programs.
3. I understand the YMCA of Georgia's Piedmont assumes no responsibility for injuries or illness which I or my child may sustain as a result of physical condition or resulting from participation in any athletic activities, sports programs, the use of any equipment, exercises, or other activities while on the property of or in conjunction with any activity held, coordinated or sponsored by the YMCA of Georgia's Piedmont. In consideration of the privilege of participation at the YMCA, I hereby voluntarily release and discharge the YMCA of Georgia's Piedmont, its officers, directors, employees, agents, and/or servants from any claims whatsoever, including for injury, illness, death, loss or damage which I or my child may suffer as a result of my/his/her participation in these activities. I understand that no accident or medical insurance is provided with these activities. I fully indemnify and hold harmless the YMCA of Georgia's Piedmont, its officers, directors and employees from any and all claims.
4. I understand the YMCA of Georgia's Piedmont is not responsible for personal property lost or stolen while members and/or program participants are using YMCA facilities, participating in YMCA activities, or on YMCA premises.
5. While the YMCA of Georgia's Piedmont will make every attempt to provide reasonable accommodations for mentally and physically challenged children and adults, the YMCA will not accept children or adults that are (a) of danger to themselves, (b) of danger to others, or (c) a disruption to the normal activities making it unreasonably difficult for other children or adults to enjoy YMCA programs and activities. Any of the above reasons will be grounds for dismissal from YMCA programs and activities. We strongly recommend that you discuss with YMCA of Georgia's Piedmont staff any special conditions or circumstances involving your child or an adult member in your household. We request that you do this PRIOR to registration so that we can advise you as to whether we can make a reasonable accommodation for your child or adult household member.

Refund Policy

Withdrawal 10 or more days before start of program: Director will give a full system credit or a refund (minus a \$10 administrative fee) in the way the original payment was made.

Withdrawal less than 10 days before start of program: Director will issue a full system credit. No refunds will be given.*

Withdrawal once program has started: Director will issue a system credit for only the remaining part of the program. No refunds will be given.*

ACCEPTANCE

I have read and voluntarily signed this **waiver and release** of liability and **indemnification** agreement, and further agree that no oral representation, statements or inducements apart from the foregoing written agreement have been made. I also accept the Conditions of Membership as well as the conditions imposed upon participants, both youth and adult, in activities and programs provided by the YMCA of Georgia's Piedmont.

Child's Name (Print)

Parent/Guardian Name (Print)

Signature of Parent/Guardian

Date