



# Family YMCA of Marion & Polk Counties

## Lifeguard Training Course Registration Form



First \_\_\_\_\_ Last \_\_\_\_\_

Gender:            Male            Female            Date of Birth \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work phone \_\_\_\_\_

E-mail \_\_\_\_\_

Parent / Guardian \_\_\_\_\_

Emergency contact \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

Class pre-requisites (verified on first class session):

- Participant must be 15 years of age by the course completion date.
- Participant must be able to swim 300 yards non-stop using both the front crawl and breast strokes.
- Participant must swim 20 yds, retrieve a 10 lb. brick from 9 feet of water and swim 20 yards with it within 1 minute 40 second, exiting the pool without using a ladder.
- Participant must be able to tread water 2 minutes, using only the legs.

To pass the class:

- Participant must attend 100% of class sessions - *no make-up classes are offered.*
- Participant must actively participate, demonstrate a positive attitude, and high level of maturity throughout all class sessions.
- Participant must read each chapter and complete all assigned homework on time.
- Participant must pass all instructor assigned scenarios during the skills portion of the course.
- Participant must pass the written exams with a score of 80% or higher.

If participant does not pass the pre-requisites:

- Participant must withdraw from the certification course and may receive, upon request, an in-house credit for the value of the class *less \$50.*

Withdrawl from course:

- If any participant withdraws from the certification course during or after the second class no credit or refund will be issued. Withdrawls prior to second class are treated as if participant did not pass the prerequisite.

### Participation Waiver

I understand that this certification course is physically demanding and involves intense physical exertion. I hereby certify that the person registering for this course is in sound physical condition and is capable of participating safely in this course. I hereby agree to indemnify and save and hold harmless the Family YMCA of Marion & Polk Counties from any loss, liability, damage, or cost that may be incurred due to the participation of the registrant upon, or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by the negligence of the YMCA or otherwise. The undersigned has read and voluntarily signs the release and waiver of liability and indemnity agreement, and further agrees that no oral representations, statements, or inducement apart from the foregoing written agreement have been made. The undersigned hereby understands and agrees to the terms of registration indicated above.

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

*If participant is under 18 years old, parent must sign waiver*

### For office use only: YYMM-07365-XX

Fee paid\$ \_\_\_\_\_ Receipt# \_\_\_\_\_ Date \_\_\_\_\_ Staff \_\_\_\_\_