

Lifeguard Certificate Training Program

Thursday, June 19 9:00-5:30

Friday, June 20 9:00-5:30

Saturday, June 21 9:00-5:30

Sunday, June 22 9:00-5:30

Lifeguard Certificate Training Program

The primary purpose of the Red Cross lifeguarding program is to provide the entry lifeguarding participants with the knowledge and skills to prevent, recognize and respond to emergencies and to provide the care for injuries and sudden illnesses in and around the water until emergency medical services (EMS) arrive and take over. This course is design for those planning on working in an indoor or outdoor pool environment. Additional training is required for waterfront certification.

The class will run on June 19, 20, 21, 22, (Thursday through Sunday) from 9 A.M. to 5:30 P.M. All classes without exception are mandatory.

The LGCTP course fee is \$295 for C.S.C. members and \$320 for non-members. Your registration information needs be accompanied with your payment for the course. Checks should be made payable and mailed to the Cohasset Swim Center, P.O. Box 132, Cohasset, MA 02025. Your reply should be postmarked no later than June 6th.

Please include in your registration information: Lifeguard Certificate Training Program

Name: _____ Birth date: _____

Address/town/state/zip: _____

Email: (Print Clearly) _____

Home #: _____ Cell #: _____

We have had an overwhelming response for this program and limited class space. Applicants are accepted on a first come, first serve basis as we received mailed registration and payment.

Prerequisites: Minimum age of 15 and pass a Prerequisite Skill Test.

Please Note: The American Red Cross runs the course for the age of 15 and up, however to be a Professional Lifeguard in the State of Massachusetts you must be 16 years of age. This is found in the section of the Mass. State Regs - 105 CMR: Dept of Public Health, Section 435.23: Lifeguards. Which states the age of 16 years of age.

Prerequisite Skills Test - Swim 300 yards continuously, using these strokes in the following order:

- 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick.
- 100 yards of breaststroke
- 100 yards of either front crawl using rhythmic breathing or breaststroke.

Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return to surface, and swim 20 yards back to the starting point with the object. Exit the water without using a ladder, with-in 1 minute, and 40 seconds.

If a registered applicant does not pass the Prerequisite Skills Test, there is an administrative and testing fee of \$80 we will be unable to refund.

Any questions, please forward them to: Cohassetswimcenter@comcast.net