

Symons Recreation Complex

DENISE A. HANOLD
Director
TRACY GOBIN
Assistant Director
(608) 647-8522



1250 Highway 14 West
Richland Center, WI 53581

www.symonsrec.com

OPEN TO THE PUBLIC

Dear Lifeguard Training **RE-CERTIFICATION /Challenge** and/or **CPR PRO AED Recertification** Course participant, This is the registration form for the 2010 Symons Recreation Complex American Red Cross Lifeguard challenge and/or CPR Pro AED Recertification course. Course dates are listed below. **Please check the session you would like to attend.**

- Sunday 3/14/10 from 9:00- 1pm and 2:00 to 6:00pm (see exact times below)
- Sunday 5/16/10
- Saturday 5/22/10
- Friday 6/18/10
- Sunday 11/21/10

A challenge course means that **no teaching or viewing of tapes will be involved.** Students may elect to pick up study guides prior to the class in order to prepare for testing (there is an extra fee for the study guide).

Students may elect to enroll in just the CPR Pro / AED portion of this challenge course, which updates that one-year certification. Please indicate that below (no 1st aid or water rescue skills will be tested for those choosing this option).

Participants for full lifeguard challenge course must attend the entire session and must bring a suit. Participants must bring a current valid Red-Cross issued Lifeguard Certificate. Participants who are unable to complete the pre-course swim test will not be allowed to continue and **no refund will be given.** The requirements for FULL re-certification are:

- A. Swim 500 yards continuously, using these strokes in the following order:
 - 200 yards (4 laps, 8 lengths) front crawl using rhythmic breathing (face in the water & breathe to the side)
 - 100 yards breast stroke (2 laps, 4 lengths)
 - 200 yards front crawl/breast stroke (4 laps, 8 lengths)
- B. Swim 20 yards using front crawl or breaststroke, surface dive to 7-10 feet, retrieve a 10-pound object, return to surface, swim 20 yards back to starting point carrying the object

FULL recertification participants will also be challenged on 1st Aid, CPR Pro, AED, and water rescue skills. They will take all the written tests. Due to the nature of the skills in this course, you will be participating in strenuous activities, such as performing CPR on the floor and removing someone from the water. If you have a medical condition or disability or if you have any questions about your ability to participate fully in this course, discuss them with your physician before you start the course. Upon the successful completion of the American Red Cross Lifeguard Training re-certification challenge, you will receive an American Red Cross Lifeguard Training certificate, which is valid for 3 years, and CPR Pro, 1st Aid, and AED certificates.

By completing this registration, you understand that you must pay the non-refundable class fee in advance. Refunds are not given for any reason. You further understand that you will be required to successfully complete the pre-course swim detailed above if you are taking the full challenge course; **failing the pre-course swim eliminates you from participating in the course and you will not receive a refund.**

Print name: _____ Date of birth: _____

Address: _____ Phone: _____

CPR Pro / AED challenge only? ____ Yes (\$50 members / \$60 non-members; 2 – 6:00pm) (extra fee for study guides)
Full challenge / re-certification? ____ Yes (\$75 members / \$90 non-members; 9:00-1pm and 2:00–6:00pm) (extra fee for study guides)

Person to contact in case of emergency: _____ Phone: _____

Signature of prospective student Date

Signature of parent or guardian (if student is under age 18) Date

For office use only:
Cm+ # _____
Receipt # _____
Date paid: _____
Amount: _____
Entered on Reg. Log?