Shelton Parks & Recreation



41 Church Street, Shelton, CT 06484, 🕿 203-925-8422, Fax 203-929-3692, www.cityofshelton.org

American Red Cross Lifeguarding (r.17) Registration

Blended Learning

This course will include training in: lifeguarding skills, first aid skills, CPR/AED: for the Professional Rescuer skills, and Blood Borne Pathogens: Preventing Disease Transmission. **All online content, performance standards, & written tests are developed and regulated by the American Red Cross.**

All skills are tested by a one-time pass or fail practical test and by a written test requiring 80% correct to pass. The participant’s maturity, attitude & behavior are assessed throughout the course as part of the final determination for certification. A participant’s performance in any component, including attitude and behavior, that does not meet the national standards setup by the American Red Cross cannot be certified.

**Blended learning-** The intention of Blended Learning is tocut some of the In-Person class times down and still enhance learning. Blended learning can be done online at any time leading up to the start of the In-Person classes. The material takes 7 to 8 hours, and is divided into modules. We recommend beginning the online work at least 2 weeks in advance to the start date. Link on back of page.

Please make sure you complete each module without walking away or closing your computer, or you risk losing your progress if the page needs to reload. Take a picture or screen shot the end of each module in case the progress does not save and you need to contact the Red Cross.

**When all modules are complete you must print the confirmation showing that you have done so. ALL MODULES MUST BE COMPLETED BEFORE THE FIRST DAY OF CLASS!!! Participants that do not have a printed copy of their completion of the online prerequisites will not be able to attend. We do not oversee the online portion of the class, and any issues should be directed to 800-RED-CROSS (733-2767).**

**Course Fees:** Must be paid in full at time of registration

**$250 *Make Check Payable to: City of Shelton***  **$39** ***Make Check Payable to: American Red Cross***

**Min. # of participants = 4 Max. # of participants = 6** *Minimum enrollment must be met by date posted below*

|  |
| --- |
| *Class Dates* |
| March-  19, 20, 21, 22 |

**Attendance at ALL classes is mandatory.**

* Classes will be held Thursday 7:30 to 9 pm, Friday 5 pm to 9 pm, Saturday 8:30 am to 4:00 pm, and Sunday 8:00 am to 4 pm.
* Prerequisites will be tested immediately on the first day of class. Those that do not pass prerequisites will not be able to attend class.
* Participants that do not have a printed copy of their completion of the online prerequisites will not be able to attend class. Prerequisites listed on back of page.

**Bring the following to each class:**Book or e-book, notebook, ballpoint pens, lock for locker use, sweats, bathing suit(s), towels, (bag lunch, water, & snacks recommended for class sessions lasting more than 4 hours. Lunches are usually working lunches). *Always be prepared to get in the pool.*

**PHOTOGRAPHS:** Participants may be photographed for the purpose of promotion or advertising in future brochures, in newspapers or in other Shelton Park and Recreation Department media.

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***Lifeguarding (r.17) Blended Learning Registration***

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Check #\_\_\_\_\_\_\_ $250 – ‘**City of Shelton’**

**Street Address:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Check #\_\_\_\_\_\_\_ $39 – ‘**American Red Cross’**

**City:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **State:** \_\_\_\_\_\_\_ **Zip Code: \_\_\_\_\_\_\_\_\_**

**D.O.B.** \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_\_ *(Minimum age is 15 on or before last class. Bring proof of age to 1st class)*

Phone # (required): **(\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_\_\_** E-Mail Address (required): **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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*Participant’s Signature* *Parent’s Signature (if child is under 18 or parent is making payment)*

|  |  |
| --- | --- |
| **Which class will you be attending? (circle one)** | |
| **March 19th start** |  |

**Return completed form WITH check to Pool Office 3 days before a class begins.**

**Lifeguarding Prerequisites**

**Prerequisites will be tested immediately on the first day of class**

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
3. Complete a timed event within 1 minute, 40 seconds.
   1. Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
   2. Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
   3. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water.
   4. Exit the water without using a ladder or steps

**The prerequisite swimming skills test is designed to test the individual’s strength, endurance, and comfort level in the water. Entry into the Lifeguarding course is strictly limited to those who have successfully completed the swimming skills prerequisite to the national standard.**

**Those unable to complete any of the tasks easily and on command to national standard will not be allowed to participate according to American Red Cross curriculum.**

***NOTICE :***

**Passing the prerequisite does not guarantee that an individual will be a strong enough swimmer to be successful in the class, only that they have met the minimum requirements to attempt the class. Once the pretest has been administered, any further participation in the Lifeguard Certification class will result in the full class fee. No one will receive credit towards future classes if they are unsuccessful.**

***Blended Learning Link***

**The link for the blended learning portion of the class can be found on our website “sheltonparksandrec.org” under the Aquatics tab.**

https://www.redcrosslearning.com/course/73031950-15c1-11e7-b4e0-51657ecd06af

**All Blended Learning work must be completed BEFORE the beginning of the first In-Person class. Printed Proof must be provided in order to participate.**