City & Zip

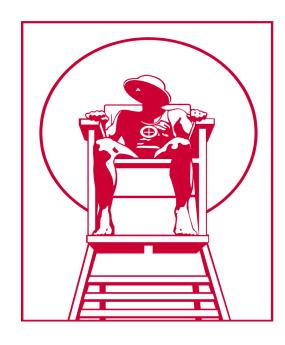
It is hereby acknowledged that the undersigned and the registered participant will abide by the rules and regulations of the ACRC and the above specified association or program sponsor. In case of injury, death or circumstance, and in consideration of acceptance into the program, the undersigned, the registered participant, and their respective heirs, administrators, executors, or assigns, hereby release, absolve, indemnify and hold harmless the ACRC, its subsidiary organizations and their officers, agents, employees, volunteers, and/or other participants.

Participant Signature

Ark City Recreation Commission 225 E. Fifth Avenue Arkansas City, KS 670005



# American Red Cross Lifeguard Training



Family Aquatic Center
1200 West Radio Lane
Arkansas City, KS
67005
620-441-2018

### **CLASS OBJECTIVE**

The American Red Cross
Lifeguard Training class prepares
students to obtain an entry level
lifeguarding position at a
swimming pool facility. This class
will include First Aid, CPR for the
Professional Rescuer, Automated
External Defibrillation (AED),
and Preventing Disease
Transmission training and
certification.

### **PRE-REQUISITES**

- Must be 15 years of age by the last date of the class in which enrolled.
- Swim 300 yards continuously demonstrating breath control and rhythmic breathing. May swim using the front crawl, breastroke or a combination of both but swimming on the back or side is not allowed.
   Swim goggles may be used.
- Tread water for 2 minutes using only legs.
- Swim 20 yards using either front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10 pound brick, return to the surface and swim 20 yards on back to the starting point with both hands on the brick, and exit the water. Goggles may not be used.
- Successfully complete skills.

Classes will be held at the Ark City Family Aquatics Center,
1200 West Radio Lane,
Arkansas City, Kansas

### CLASS SCHEDULE Session 1

March 31 5pm-7pm
April 1 9am-5pm
April 2 9am-5pm
Attendance at all classes is mandatory.

#### Session 2

May 22 9am-5pm May 23 9am-5pm

Attendance at all classes is mandatory.

 For more information contact: Debbi Davidson, Aquatics Director at (620)441-2018 ddavidson@arkcityrec.org

> Ark City Rec Center 225 E Fifth Avenue Arkansas City, KS 67005 (620)441-4300

The class will be a blended learning course. This means that we need an e-mail address for the student to send a link to so that they can complete the online portion prior to the first in-person class. Proof of online completion must be shown at first day of class.

## COMPLETION REQUIREMENTS

- Must pass final written tests with minimum score of 80%
- Successfully complete all required skills and pass the final skills scenarios
- Attend all class sessions and participate fully in class

Cost: \$170.00

Deposit: \$60.00 (non-refundable)