

Carolina Pool Management, Inc.

2012 Lifeguard Class Schedule

Pre-Course Requirements

- You must be at least **15 years of age** before the last day of the training class to participate.
- **300 Yard Swim** (100 yards freestyle, 100 yards breaststroke, and 100 yards either/or – this is not a timed event)
- **Brick Test** - Swim out 20 yards, surface dive 7ft – 10ft deep, retrieve a 10 pound weight from the bottom of the pool, return to the surface, and swim it back 20 yards to the start position. This objective is timed at 1 minute & 40 seconds.

The purpose of the swim is to demonstrate comfort in the water.

Classroom learning and hands-on practice build key skills

- Surveillance skills to help you recognize and prevent injuries.
- Rescue skills in the water and on land
- First Aid training and Professional Rescuer CPR to help you prepare for any emergency
- Professional lifeguard responsibilities, like interacting with the public and addressing uncooperative patrons

Course Length

30 hours and 15 minutes

Course Fees

- \$250 (CPM Employees)
- \$350 (non CPM Employees)

Class Locations

When lifeguard students are in the water, class will be held at **Smith High School Pool:**
2407 S Holden Rd
Greensboro, NC 27407

When lifeguard students are in the classroom, class will be held at the **American Red Cross** office:
1501 Yanceyville Drive
Greensboro, NC 27405
336-333-2111
Niki Ash cell # 336-383-9825

Attention Lifeguard Students:

In this course, you will learn about the duties and responsibilities of a lifeguard and how to carry them out in a professional manner.

You will learn a number of life guarding techniques such as surveillance; how to use rescue equipment for a distressed swimmer, active drowning victim and passive drowning victim; and how to care for someone who may have a head, neck, or back injury.

Successful course completion requires **100% participation** in classroom and skill sessions, as well as successful performance in skill and knowledge evaluations. If you miss any classes, there are no make-ups. You will have to be assigned to another class.

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 or healthcare provider and with an American Red Cross Lifeguard Instructor **BEFORE** you start this course.

To enroll in the lifeguard Training course, you must be at **least 15 years of age before the last scheduled class session.**

Please bring ***a picture ID or copy of a birth certificate*** with you to the class for verification.



2012 Lifeguard Class Schedule (January - March)

(Class schedule subject to CHANGE without notice)

EACH CLASS IS FOUR (4) DAYS LONG. YOU MUST ATTEND ALL 4 DAYS FOR COMPLETION

<u>Day/Date</u>	<u>Time</u>	<u>Location</u>
January 2012		
Saturday 21 st	12pm – 8pm	Smith High School
Sunday 22 nd	12pm – 8pm	American Red Cross - Classroom D
Saturday 28 th	12pm – 8pm	Smith High School
Sunday 29 th	12pm – 8pm	American Red Cross - Classroom D
February 2012		
Saturday 4 th	12pm – 8pm	Smith High School
Sunday 5 th	12pm – 8pm	American Red Cross - Classroom D
Saturday 11 th	12pm – 8pm	Smith High School
Sunday 12 th	12pm – 8pm	American Red Cross - Classroom A & B
March 2012		
Saturday 10 th	12pm – 8pm	Smith High School
Sunday 11 th	12pm – 8pm	American Red Cross - Classroom A & B
Saturday 17 th	12pm – 8pm	Smith High School
Sunday 18 th	12pm – 8pm	American Red Cross - Classroom D

Refund Policy

Once you have paid for the Lifeguard class you have reserved your spot in the class. When the first day of class has begun there will be **NO REFUNDS** for any reason. If the first day of class has not begun you may move your registration to another Lifeguarding class offered by Carolina Pool Management in the same year. If you do not pass the prerequisite there will be **NO REFUNDS** for any reason. You must re-register and pay to attend another class.

Certifications

Upon successful completion, you will receive an American Red Cross Lifeguard Training certificate, which is recognized by most employers of aquatic facilities in all fifty states. The Lifeguard Training certificate, which includes First Aid, is valid for 3 years.

You will also receive a CPR/AED for Lifeguards certificate, which is valid for 2 years.

Show the World What You're Made of – Be a Lifeguard!

2012 Lifeguard Training Contract & Registration Form

Please mail this portion in with your **\$250 (CPM Employees)** or **\$350 (non CPM Employees)** non-refundable payment.
“Contract”

I have read and understand the course requirements and the refund policy.

Date: _____

Print Name: _____ Phone #: _____

Mailing Address: _____

Participant's Signature

Parental/Guardian's Signature (If under 18 years of age)

Class Choice: Circle One

January 2012

February 2012

March 2012

To enroll in a training class, submit this form to the CPM office prior to the course start date.

A **\$250 (CPM Employees)** or **\$350 (non CPM Employees)** non-refundable payment is also required with this registration form to reserve your place in training.

There will be **NO REFUNDS** for any reason. **Make checks payable to: Carolina Pool Management.**

If you would like to pay by major credit card or debit card with a VISA, MasterCard or AMEX logo please call our office to make payment 336-854-8884

For Office Use ONLY:

Paid by: CASH, CHARGE or CHECK # _____ Amount Paid \$ _____