

# Junior Lifeguarding Class



## ***A class for individuals 11 to 14 years of age***

Junior Lifeguarding is an American Red Cross program for individuals of 11-14 years of age. Classes will begin the first full week of June and begin promptly at 9:00am and end at 11:00am on Tuesdays and Thursdays of each week- participants should plan to come 15-20 minutes early each day. Junior Guards are required to attend no less than 14 of the 17 classes as they are taught CPR/AED/First Aid and tested. Each Junior Guard will have to perform and pass all skills taught over the nine-week course and by the end of training; pass their final written test to receive the American Red Cross Junior Lifeguard Certification. This program gives them not only skills for becoming a lifeguard, but social skills as well, teaching them how to work as a team.

### **Pre-test: Students must be able to swim:**

- Front crawl 25 yards breathing to side or front.
- Breaststroke 25 yards using pull breathe, kick and glide sequence.
- Tread water for 1 minute using arms and legs.
- Show a level of comfort on the back by floating on the back for 30 seconds or swimming on the back for 25 yards using the elementary back stroke.
- Submerge and swim under water for 10 feet.

Each student is expected to volunteer 2 or more hours per week outside of class time for hands-on training, assisting and shadowing of Lifeguards while on the job.

Each student is provided **two** Junior Lifeguard T- Shirt that is to be worn when they are attending the class and scheduled for their volunteer hours.

All Junior Guards are expected to follow ALL Aquatics Center Rules and Lead by Example for others in their behavior and actions while on duty.

Girls are to wear appropriate one piece bathing attire and Boys are to wear the appropriate lined swim trunks.

All participants will sign in and sign out of the Aquatic Center with their assigned code, as other AC staff members do as well.

**June 6 – August 3** *(no class July 4)*

**Tuesdays & Thursdays 9:00 –11:00 am** *(must arrive 15-20 minutes early)*

**\$60 per Jr. Guard (Military Rate: \$48)**

***Will Reschedule due to inclement weather ~ No Refunds***

# CITY OF SUMTER AQUATICS CENTER

## ADULT & YOUTH PROGRAMS

Swimmers's Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Home Phone: (\_\_\_\_) \_\_\_\_\_

Contact Name & Relationship: \_\_\_\_\_ Cell Phone: (\_\_\_\_) \_\_\_\_\_

E-Mail: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Emergency Phone: (\_\_\_\_) \_\_\_\_\_

Family Doctor \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Please list any necessary medical information: \_\_\_\_\_

T-Shirt Size: \_\_\_\_\_ Female: \_\_\_\_\_ Male: \_\_\_\_\_ School: \_\_\_\_\_

Sibling(s) Swimmer's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Program and Session Requested: \_\_\_\_\_

Signature: \_\_\_\_\_ Staff Initials: \_\_\_\_\_

### Waiver of Liability

- I agree to support the AC TEAM by exhibiting the character values of honesty, respect, responsibility, commitment and integrity.
- I acknowledge that I am responsible for following all AC rules and regulations.
- I acknowledge that the AC is not responsible for all injuries to myself and/or my family.
- I acknowledge that the AC is not responsible for any damage or loss of personal property.
- Upon entering the program(s), I (we) hereby release the City of Sumter and the Instructor from any and all responsibility for accidents or losses incurred at the Aquatics Center. I (we) also understand I (we) will receive communications via text and/or email (unless not applicable) for updates and notifications.
- I give the AC permission to reproduce for promotional purposes, photographs of me and/or my family during participation in AC activities or programs.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Note: Parent/guardian or Swimmer must sign if the applicant is under 18 years of age.

Staff Initials: \_\_\_\_\_