



2021 Lifeguard Recertification Registration Form

Class May 24th & 25th Amber Jordan 9:00am-4:00pm

COST \$100 For Park District Lifeguards

Participant's Name(s) _____ Age _____

Contact Number _____

Address _____ City _____ State _____

Email _____

Parent or Guardian's Name and Phone Number _____

Emergency Contact Name and Phone Number _____

Emergency Contact (other than Parent listed) _____

Physical Restrictions/Allergies _____

Requirements to pass:

- Must have been Lifeguard Certified through the red cross.
- Swim 300 yards continuously, demonstrating breath control and rhythmic breathing
- Tread water for 2 minutes using only the legs.
- Complete a timed event within 1 minute, 40 seconds
 - Starting in the water swim 20 yards
 - Surface dive to a depth of 7 to 10 feet to retrieve a 10-pound brick
 - Surface and swim 20 yards on back, with both hands on the object
 - Exit the water without using a ladder or steps
- Complete three real-life scenarios
- Must pass all written test with an 80% or higher

Use the link below to review and take the CPR/AED test. Must provide proof of completion by the morning of May 24th.

<http://redcrosslearning.com/course/73031950-15c1-11e7-b4e0-51657ecd06af>

Paid Cash _____

Paid Check _____