

AMERICAN RED CROSS LIFEGUARD TRAINING

Lifeguard Course Version 2012

Prerequisites

Participants must be at least 15 years old, able to swim 300 yards (12 lengths of a 25 yard pool) without stopping using front crawl and breaststroke, tread water for 2 minutes using legs only, and retrieve a 10-lb brick from 7 feet deep and swim 20 yards with the weight, using legs only and exit the water without using a ladder or steps within 1 minute 40 seconds.

Certification Requirements

Attend all class sessions, demonstrate competency in all required skills and activities and correctly answer at least 80 percent of the questions in the final written exams.

Certificate Issued and Validity Period

Upon successful Lifeguard Training course completion participants will receive American Red Cross certifications in Lifeguarding, First Aid and CPR/AED for the Professional Rescuer valid for 2 years.

2012 Course Dates & Times

Each class number represents a complete training course. You must attend all dates and times for the class number you choose.

Class Dates	Course Fee	Class Days & Times	Class Location
Class #1: March 23-25	\$160	Fri 6pm-10pm, Sat & Sun 8am-6pm	108 Lamp Lighter, Irvine, CA 92620
Class #2: April 20-22	\$140	Fri 6pm-10pm, Sat & Sun 8am-6pm	22921 Ridge Route Dr, Lake Forest, CA 92630
Class #3: April 27-29	\$140	Fri 6pm-10pm, Sat & Sun 8am-6pm	108 Lamp Lighter, Irvine, CA 92620
Class #4: May 4-6	\$140	Fri 6pm-10pm, Sat & Sun 8am-6pm	108 Lamp Lighter, Irvine, CA 92620
Class #5: May 18-20	\$140	Fri 6pm-10pm, Sat & Sun 8am-6pm	22921 Ridge Route Dr, Lake Forest, CA 92630
Class #6: May 25-27	\$140	Fri 6pm-10pm, Sat & Sun 8am-6pm	108 Lamp Lighter, Irvine, CA 92620
Class #7: June 1-3	\$140	Fri 6pm-10pm, Sat & Sun 8am-6pm	108 Lamp Lighter, Irvine, CA 92620
Class #8: June 8-10	\$140	Fri 6pm-10pm, Sat & Sun 8am-6pm	108 Lamp Lighter, Irvine, CA 92620
Class #9: June 15-17	\$140	Fri 6pm-10pm, Sat & Sun 8am-6pm	108 Lamp Lighter, Irvine, CA 92620
Class #10: July 13-15	\$140	Fri, Sat & Sun 11am-7pm	4691 Meadowood, Irvine, CA 92620
Class #11: Aug 10-12	\$140	Fri, Sat & Sun 11am-7pm	4691 Meadowood, Irvine, CA 92620

What to Bring to Class

Bathing suit and towel, a pen and paper for notes and the required registration forms.

CPR pocket mask or participants may purchase a mask at the class for \$15.

Lifeguard Manual

American Red Cross free digital Lifeguard Manual is available online at <http://www.editiondigital.net/publication/?i=95090>

You may download a PDF version to your computer for free or print the text to study for training.

You may purchase a manual online at <http://www.shopstaywell.com>

How to Register

1. Reserve your space for \$40 online at www.safeswim.com
2. Turn in completed registration form along with the balance due on the first day of training.

The balance due must be paid in cash - checks and credit cards will not be accepted during the training.

Refund/Transfer Policy

VISITORS - Only registered participants are allowed on the pool deck or in the class rooms during training. All visitors including parents must wait in the parking lot.

REFUNDS - No refunds will be issued once course fees have been submitted. In the event that a participant is unable to pass the prerequisites or final exams the participant may transfer to a class at a later date (if available) for a transfer fee of \$25. If a participant is absent from any scheduled class days or times, the participant will not be offered a transfer or refund of any kind.

TRANSFERS - The class transfer fee is \$25 and registered participants are required to notify Safe Swim at least 48 hours prior to the first class date that you are currently registered for in order to be eligible to transfer.

Course Location & Driving Directions

Make sure your class # corresponds to the address and directions below. Alternate driving directions may be available and we recommend you map the class location online.

Class # 1, 3, 4, 6, 7, 8, 9

Address: [108 Lamplighter, Irvine, CA 92620](#)

From 405 North - Take 405 SOUTH toward SAN DIEGO, Take the UNIVERSITY DR / JEFFREY RD exit, Turn LEFT onto JEFFREY RD, Turn RIGHT onto LONG MEADOW, Turn LEFT onto SANCTUARY, Turn RIGHT onto LAMPLIGHTER, Turn RIGHT onto REVIVAL

From 5 North - Take I-5 SOUTH toward SAN DIEGO, Take the exit toward JEFFREY RD, Turn RIGHT onto WALNUT AVE, Turn RIGHT onto JEFFREY RD, Turn RIGHT onto LONG MEADOW, Turn LEFT onto SANCTUARY, Turn RIGHT onto LAMPLIGHTER, Turn RIGHT onto REVIVAL

From 5 South - Take I-5 NORTH toward LOS ANGELES, Take the JEFFREY RD exit, Turn RIGHT onto JEFFREY RD, Turn RIGHT onto LONG MEADOW, Turn LEFT onto SANCTUARY, Turn RIGHT onto LAMPLIGHTER, Turn RIGHT onto REVIVAL

Parking lot is the first RIGHT off of REVIVAL; you will see the pool at the back of the parking lot.

Class # 2, 5

Address: [22921 Ridge Route Dr, Lake Forest, CA 92630](#)

From 405 North - Take 405 SOUTH toward SAN DIEGO, Take the BAKE PKWY exit, Turn Left onto BAKE PKWY, Turn Right onto MUIRLANDS BLVD, Turn Left onto RIDGE ROUTE DR

From 5 North - Take I-5 SOUTH toward SAN DIEGO, Take the BAKE PKWY exit, Turn Left onto BAKE PKWY, Turn Right onto MUIRLANDS BLVD, Turn Left onto RIDGE ROUTE DR

From 5 South - Take I-5 NORTH toward LOS ANGELES, Take the BAKE PKWY exit, Turn Right onto BAKE PKWY, Turn Right onto MUIRLANDS BLVD, Turn Left onto RIDGE ROUTE DR

Parking lot is the first RIGHT off of RIDGE ROUTE DR; extra parking is located in the adjacent shopping center

Class # 10, 11

Address: [4691 Meadowood, Irvine, CA 92620](#)

From 405 North - Take 405 SOUTH toward SAN DIEGO, Take the CULVER DR exit, Turn LEFT onto CULVER DR, Turn RIGHT onto MEADOWOOD

From 5 North - Take I-5 SOUTH toward SAN DIEGO, Take the CULVER DR exit, Turn LEFT onto CULVER DR, Turn RIGHT onto MEADOWOOD

From 5 South - Take I-5 NORTH toward LOS ANGELES, Take the JEFFREY RD exit, Turn RIGHT onto JEFFREY RD, Turn LEFT onto IRVINE BLVD, Turn RIGHT onto YALE AVE, Turn RIGHT onto MEADOWOOD

Pool facility is on the left side of MEADOWOOD next to the park. Parking lot is next to the pool.

TRAINING REGISTRATION FORM

Complete one form per participant



Course name	Class Number & Class Date	Today's Date

Last Name	First Name	Age	DOB	MM/DD/YYYY
Address	City	Zip	Home Phone	
Parent or Guardian's Name (if under age 18)	Cell Phone	Email		
List all Medical/Allergy Conditions	Emergency Contact			
	Emergency Contact Phone			

RELEASE OF LIABILITY FOR PARTICIPANTS - READ BEFORE SIGNING

IN CONSIDERATION OF MYSELF and/or my minor child/ward ("my child"), , being allowed to participate in any way in the Safe Swim program, related events and activities including but not limited to Lifeguard Training, Lifeguard Instructor Training, and Water Safety Instructor Training, the undersigned acknowledges, appreciates, and agrees that:

The risk of injury to myself and/or my child from the activities involved in these programs is significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk of serious injury does exist; and,

FOR MYSELF, SPOUSE, AND CHILD, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASED PARTIES or others, and assume full responsibility for my and/or my child's participation; and,

I willingly agree to comply with the program's stated and customary terms and conditions for participation. If I observe any unusual significant concern in my and/or my child's readiness for participation and/or in the program itself, I will remove myself and/or child from the participation and bring such attention to the nearest official immediately; and,

I myself, my spouse, my child and on behalf of my/our heirs, assigns, personal representatives and next to kin, HEREBY RELEASE THE other participants, sponsoring agencies, sponsors, Safe Swim program owners and staff, advertisers, and if applicable, owners and lessors of premises used to conduct the event (collectively the "Released Parties"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property incident to my and/or my child's involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASED PARTIES OR OTHERWISE, to the fullest extent permitted by law.

I, for myself, my spouse, my child, and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY INDEMNIFY AND HOLD HARMLESS all the above released parties from any and all liabilities incident to my and /or my child's involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

_____	_____
Participants Full Name	Participants DOB
_____	_____
Participants Signature or Parent/Guardian Signature (if under age 18)	Today's Date

PROGRAM POLICIES

NO REFUNDS will be issued once course fees have been submitted. In the event that a participant is unable to pass the prerequisites or final exams the participant may transfer to a class at a later date (if available) for a transfer fee of \$25. If a participant is absent from any scheduled class days or times, the participant will not be offered a transfer or refund of any kind.

CLASS TRANSFER FEE is \$25 and registered participants are required to notify Safe Swim at least 48 hours prior to the first class date that you are currently registered for in order to be eligible to transfer.

I HAVE READ AND AGREE TO THE TERMS OF THE STATED PROGRAM POLICIES AND CLEARLY UNDERSTAND THE NO REFUND POLICY.

_____	_____
Participants Signature or Parent/Guardian Signature (if under age 18)	Today's Date

**You must bring this completed registration form with the course fee to the first day of class.
We only accept cash. Checks or credit cards will not be accepted during training.**

Name: _____

Date: _____

American Red Cross Lifeguard Training Final Written Exams

Lifeguarding Skills			
Question	Answer - A/B/C/D	Question	Answer - A/B/C/D
1		21	
2		22	
3		23	
4		24	
5		25	
6		26	
7		27	
8		28	
9		29	
10		30	
11		31	
12		32	
13		33	
14		34	
15		35	
16			
17			
18			
19			
20			

CPR/AED for the Professional Rescuer and First Aid			
Question	Answer - A/B/C/D	Question	Answer - A/B/C/D
1		21	
2		22	
3		23	
4		24	
5		25	
6		26	
7		27	
8		28	
9		29	
10		30	
11		31	
12		32	
13		33	
14		34	
15		35	
16		36	
17		37	
18		38	
19		39	
20		40	