

# TRAINING REGISTRATION FORM

Complete one form per participant



Course	Class Date(s)
Safety Training for Swim Coaches	

First Name	Last Name	Age	DOB MM/DD/YYYY
Address/ City/State/Zip	Cell Phone	Email	
Medical Conditions / Allergies			
Emergency Contact Name	Emergency Contact Phone	Emergency Contact Relationship	

## PROGRAM POLICIES

**No Refunds** –Class fees are nonrefundable and no refunds will be issued once 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). 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.

**No Visitors** – Only registered participants are allowed on the pool deck or in the classrooms during training. All visitors including parents must wait in the parking lot.

**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

## 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, CPR/AED/First Aid 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

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## SAFETY TRAINING FOR SWIM COACHES PROGRESS LOG

### BLENDED LEARNING SKILL SESSION

**Participants Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Topic/Skill	✓	Notes
Successfully Completed Online Session		
Reaching Assist with Equipment		
Reaching Assist without Equipment from the Deck		
Reaching Assist with Equipment from a Position in the Water		
Throwing Assist		
Two-Person Removal from the Water Using a Backboard (Assisting Rescuer)		
Hip and Shoulder Support		
Head Splint—Face-Up		
Head Splint—Face-Down		

**Instructors Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

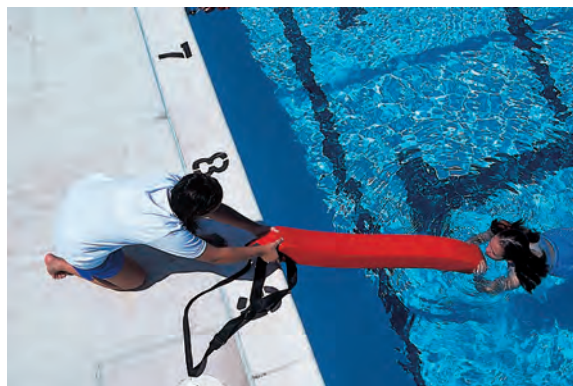
**Instructor Signature/Title:** \_\_\_\_\_



## REACHING ASSISTS

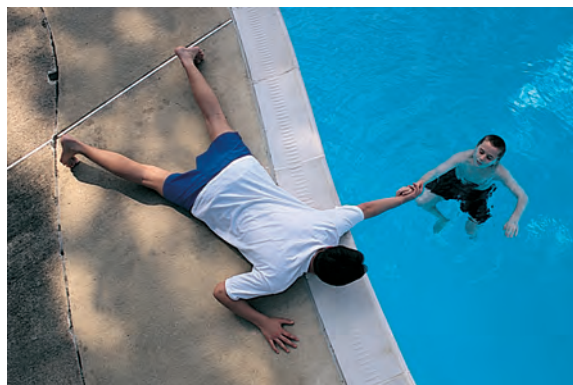
### Reaching Assist with Equipment

- Brace yourself on the pool deck or pier surface.
- Extend the object to the victim.
- When the victim grasps the object, slowly and carefully pull him or her to safety.
  - Keep your body low and lean back to avoid being pulled into the water.



### Reaching Assist without Equipment

- Brace yourself on the pool deck or pier surface.
- Reach with an arm and grasp the victim.
- Pull the victim to safety.



### Reaching Assist without Equipment from a Position in the Water

- Hold onto a pool ladder, overflow trough (gutter), piling or another secure object with one hand.
- Extend a free hand or one leg to the victim.
  - Do not let go of the secure object or swim out into the water.
- Pull the victim to safety.





## THROWING ASSIST

- Hold the coil of the line in the open palm of nonthrowing hand and grasp the side of the object with throwing hand. If the line has a wrist loop, place the hand that will hold the line through it. If there is not a wrist loop, step on the nonthrowing end of the line.
- Hold the object vertically, step back with your leg on the throwing side, swing the object backwards and then forward for an underhand toss.
- Aim the throw so that the object lands just beyond the victim with the line lying on the victim's shoulder. Tell the victim to grab the object. If there is a crosswind or current, throw upwind or up current of the victim.
- After the victim has a firm grasp on the object or line, drop the remaining coil, if any, and pull the victim to safety. Keep your body low and lean back to avoid being pulled into the water. Reassure the victim.
- Slowly pull the victim to safety by reaching out with one hand and grasping the line with your thumb inward. Pull the line in to your side with that hand while reaching out with the other. Continue the alternate pulling and reaching action until the victim is at the side or is able to stand in shallow water.







## HIP AND SHOULDER SUPPORT

- Approach the victim from the side and lower yourself to about shoulder depth.
- Slide one arm under the victim's shoulders and the other arm under the hips. Hold the victim's body horizontally, keeping the victim's face out of the water.
- Do not lift the victim. Hold him or her still in the water until help arrives.





## HEAD SPLINT

### For a face-up victim:




- Approach the victim's head from behind or stand behind the victim's head.
  - In shallow water, lower body so that the water level is at the neck.
- Grasp the victim's arms midway between his or her shoulder and elbow. Grasp the victim's right arm with your right hand and the victim's left arm with your left hand. Gently move the victim's arms up alongside the head. Position yourself to the victim's side while trapping the victim's head with his or her arms.
- Slowly and carefully squeeze the victim's arms against his or her head to help hold the head in line with the body. Do not move the victim any more than necessary.
- Position the victim's head close to the crook of your arm, with the head in line with the body.
- Check for consciousness and breathing.
  - If the victim is not breathing, immediately remove the victim from the water using a technique, such as the two-person-removal-from-the-water using a backboard, and provide resuscitative care. Do not delay removal from the water by strapping the victim in or using the head immobilizer device.
  - If the victim is breathing, hold the victim with the head in line with the body and move toward safety until the backboard arrives.
- Continuously monitor for consciousness and breathing. If at any time the victim stops breathing, immediately remove the victim from the water and then provide appropriate care.





## HEAD SPLINT CONTINUED

### For a face-down victim:

- Approach the victim from the side.
  - Grasp the victim's arms midway between the shoulder and elbow. Grasp the victim's right arm with your right hand and the victim's left arm with your left hand. Gently move the victim's arms up alongside the head.
  - Squeeze the victim's arms against his or her head to help hold the head in line with the body.
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- A rescuer is shown from the side, approaching a victim who is face down in the water. The rescuer is reaching out to grasp the victim's arms.
- Glide the victim slowly forward.
    - In shallow water, lower your body to shoulder depth before gliding the victim forward.
    - Continue moving slowly and turn the victim until he or she is face-up. To do this, push the victim's arm that is closest to you under the water while pulling the victim's other arm across the surface toward you.
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- The victim is now face up in the water. The rescuer is holding the victim's arms, pushing one under the water and pulling the other across the surface.
- Position the victim's head in the crook of your arm, with the head in line with the body.
  - Check for consciousness and breathing.
    - If the victim is not breathing, immediately remove the victim from the water using a technique, such as the two-person-removal-from-the-water using a backboard, and provide resuscitative care. Do not delay removal from the water by strapping the victim in or using the head immobilizer device.
    - If the victim is breathing, hold the victim with the head in line with the body and move toward safety until the backboard arrives.
  - Continuously monitor for consciousness and breathing. If at any time the victim stops breathing, immediately remove the victim from the water and then provide appropriate care.
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- The rescuer is holding the victim with the head in line with the body. The victim's head is resting in the crook of the rescuer's arm.



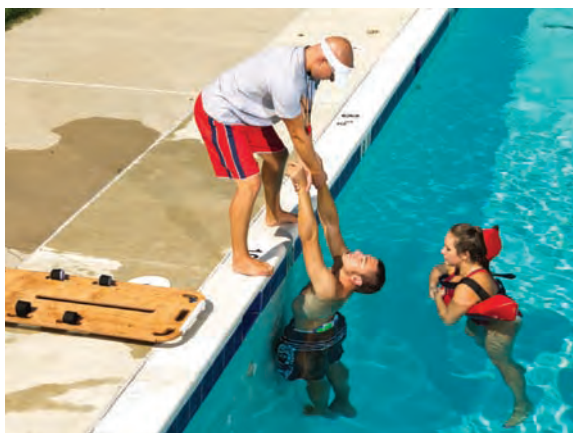


## TWO-PERSON REMOVAL FROM THE WATER USING A BACKBOARD

- The primary rescuer brings the victim to the side and turns him or her to face the wall. Another rescuer brings a backboard with the head immobilizer and the straps removed, if possible.
- The assisting rescuer on land crosses his or her own hands to grab the victim's wrists and pulls the victim up slightly to keep the head above the water and away from the wall. The primary rescuer supports the victim's head so that the head does not fall forward.



- The primary rescuer ensures that the victim's face is out of the water and then climbs out of the water, removes the rescue tube and gets the backboard. The primary rescuer guides the backboard, foot-end first, down into the water along the wall next to the victim.







## TWO-PERSON REMOVAL FROM THE WATER USING A BACKBOARD CONTINUED

- The assisting rescuer immediately begins to turn the victim onto the backboard. Each rescuer then quickly grasps one of the victim's wrists and one of the handholds of the backboard.



- When the primary rescuer gives the signal, both rescuers pull the backboard and victim onto land, resting the underside of the board against the edge. (Remember to lift with the legs and not with the back.) The rescuers step backward and then carefully lower the backboard onto the ground. If other rescuers or additional help is available, they can provide assistance by pulling or pushing the backboard.



- Rescuers provide immediate and appropriate care based on the victim's condition. Rescuers continue care until emergency medical services (EMS) personnel arrive and assume control over the victim's care.

### Tips:

- *It may be easier to submerge the board initially if the board is angled, foot-end first, toward the wall.*
- *As soon as the board is submerged, turn the victim onto the board then allow the board to float up beneath the victim.*
- *Once the board is submerged, the rescuer can help to stabilize the board against the wall, placing his or her foot against the backboard, if necessary.*