



American Red Cross Lifeguard Training



The Lifeguard Training class is designed for new lifeguards or for a person who's lifeguard certification has expired. If your certification is still current, but will expire soon, you can take the Recert Class. Each participant who successfully completes all class requirements will receive a Lifeguarding/First Aid/ CPR/AED certification which is valid for 2 years.

Lifeguard Training

When: Mon-Fri, April 15-19, 2019
Time: 9:00a - 4:00p each day
Where: Memorial Park in Grass Valley
(meet at Annex; 415 Central Ave.)
Fee: \$195 per person; includes books
& equipment (If you are planning to
apply with NSS, talk with them about
possible reimbursement.)
Code: LGT119

Lifeguard Recertification Class

When: April 27 & 28
Time: 9:00a - 4:00p each day
Where: Nevada City Swimming Pool
423 Nimrod St.
Fee: \$75 per person; includes books
& equipment
Code: LGT219

Class Requirements

1. Participants must be at least 15 years old by the last day of class. Proof of age must be presented with registration (birth certificate, driver's license, etc).
2. Participants must attend all days and times of the lifeguarding class. There are skills and written tests throughout the class that must be completed successfully to receive your certification.
3. Participants must pass the Water Skills Test which is given on the first day of class. To pass the water skills test, participants must pass all 3 of the following objectives:
 - ⇒ Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
 - ⇒ Tread water for 2 minutes using only the legs. Candidates must place their hands under the armpits.
 - ⇒ Complete a timed event within 1 minute, 40 seconds. Starting in the water, swim 20 yards. The face may be in or out of the water. (Swim goggles are not allowed.) Surface dive to a depth of 6 ft, swim 10-15 ft along the bottom to retrieve a 10-pound brick. Return to the surface and swim on the back to the starting point with both hands holding the brick at the surface and the face remaining at or near the surface or able to get a breath. Candidates cannot swim the distance underwater.

Registration Information

Complete the registration form. Return the form with payment (check or money order) & proof of age to: Nevada City Parks & Recreation 317 Broad St., Nevada City, CA 95959

- Checks made payable to: City of Nevada City
- Registration fees will not be processed until the participant has passed the Water Skills Test.

Registration Deadline: March 25, 2019 (for Lifeguard Training)
April 12, 2019 (for Recertification)

Refunds: There are no refunds on program fees unless the class is cancelled. Once a participant has passed the water skills test and the payment is processed, there are no refunds, even if you do not pass the class.

Priority registration will be given to those who have applied to work at the Nevada City Pool or with Northern Sierra Swimming.

Questions?

Call Nevada City Parks & Recreation at 530-265-2496 x129

Additional Information

This is an American Red Cross Class. For more information about being a Red Cross Lifeguard and other aquatic certifications, visit the Red Cross website at: <http://www.redcross.org/take-a-class/lifeguarding>

LIFEGUARD TRAINING REGISTRATION



Participant **LAST** Name: _____

Participant **FIRST** Name: _____ Birthdate: _____ Sex: M F

Phone: best # to reach participant _____ alternate # _____

Address, City Zip: _____

Participant Email: _____

Parent/Guardian Name: _____

Phone: best # to reach parent _____ alternate # _____

Emergency Contact: _____ phone #: _____

Course Code #	Fee	O F	Cash/ Check #	Total Amt. Paid	Date	Staff Initials
		F				
		I				
		C				
		E				

In consideration for being permitted by the City of Nevada City and Northern Sierra Swimming to participate in the above activity, I hereby waive, release, and discharge any and all claims for damages for personal injury, death, or property damage which may have, or which may hereafter accrue to me as a result of participation in said activity. This release is intended to discharge in advance the City of Nevada City and Northern Sierra Swimming (their officers, employees, and agents) from any and all liability arising out of or connected in any way with my participation in said activity, though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that this activity involves an element of risk and danger of accidents, including colliding with other swimmers, tripping or falling on the pool deck, exposure to contaminated water and knowingly and freely assume all such risks, both known and unknown. It is further agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I agree to indemnify and to hold the above persons or entities free and harmless from any loss, liability, damage, cost, or expense which they may incur as a result of my death or any injury or property damage that I may sustain while participating in said activity.

PARENTAL CONSENT: I hereby consent that my son/daughter, named above, participate in the above activity, and I hereby execute the above Agreement, Waiver and Release on his/her behalf. I state that said minor is physically able to participate in said activity. I hereby agree to indemnify and hold the persons and entities mentioned above free and harmless from any loss, liability, damage, cost, or expense which they may incur as a result of the death or any injury or property damage that said minor may sustain while participating in said activity. I agree that in the event that said minor requires medical treatment while under the supervision of City of Nevada City and Northern Sierra Swimming personnel in connection with described activity, such supervisor may authorize treatment.

I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER & RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE CITY OF NEVADA CITY AND NORTHERN SIERRA SWIMMING, AND I SIGN IT ON MY OWN FREE WILL.

IN ADDITION: I understand that there are no refunds on registration fees, unless the class is cancelled. I give the City of Nevada City and Northern Sierra Swimming permission to use photos taken of me and/or my child in future publications.

Signature of participant OR parent/guardian of participant under the age of 18

Date