American Red Cross Courses

Participant's Name: _____

Phone: (1) _____ (2) _____

Address: _____

Email: _____

City: _____ State: _____ ZIP: _____

991: _____

Please Select Desired Class and Corresponding Date:

> ***email chelsea.dolly@indstate.edu to schedule prerequisites prior to in-person sessions***

___ **Lifeguard Training Full Course**
$180/ISU Student; $190/non-ISU Student; $45 SRC Employee
Total Number of Participants: _____ Total Cost: _____

- To participate in the Lifeguarding course, participants must complete <u>all</u> prerequisites. See **page 3** for detailed descriptions.

<u>Option 1</u>: 3/25/24 – 3/29/24 from 9am – 12:30pm each day

<u>Option 2</u>: 4/1, 4/3, 4/8, 4/10, 4/15, 4/17, 4/22 and 4/24
From 6:30pm – 9:00pm each evening

<u>Option 3</u>: 5/6, 5/7, 5/8, 5/13, 5/14, 5/15, 5/20 and 5/21
From 6:30pm – 9:00pm each evening

MUST ATTEND EVERY DAY OF CHOSEN CLASS OPTION

___ **Lifeguard Training Re-certification Course**
$113/ISU Student; $125; non-ISU Student; $45 SRC Employee
Total Number of Participants: _____ Total Cost: _____

5/11 and 5/12 from 8:30am – 1:30pm each day
MUST ATTEND BOTH CLASS DAYS AND TIMES

- To participate in the Lifeguarding course, participants must complete <u>all</u> prerequisites. See **page 3** for detailed descriptions.

Indiana State University

Medical Consent

"As a guest of the Student Recreation Center, I hereby agree to use the facilities in accordance with the rules and regulations of the Department of Recreational Sports. I also agree to use the equipment in a responsible manner and to hold harmless from liability Indiana State University, as well as its trustees, agents, employees, and for any injury incurred while using any ISU Recreational Sports Facilities and/or Programs."

_____   _____

Participants' Name (Print)   Parent/Guardian of Participant (Printed)

_____   _____

Participant's Signature and Date   Parent/Guardian's Signature and Date

Campus Recreation Student Employee Consent Section

"I am aware and consent that I will attend the specified class above for the discounted fee. Failure to do so will result in paying the remaining of the full course fee to attend the next available class."

_____   _____

Student Employee's Name (Print)   Date

_____   _____

Student Employee's Signature   Position (Ex. Lifeguard)

Office Use Only

Payment Method (Circle):   Cash   Check   Credit Card

Total Fee:_____   **Invoice Number:**_____

Registration Taken By:_____

Indiana State University

Course Descriptions: *All courses are Blended Learning, requiring the study portion to be completed online <u>before</u> attending the class. Website links will be emailed prior to the class.

Lifeguard Certification

- At the American Red Cross, our water safety and lifeguarding courses are designed and taught by industry-leading professionals who can help you not only help others stay safe in, on, and around the water, but can help you learn the latest safety and rescue techniques, and deliver critical care, like CPR, first aid, and AED administration, when it's needed most. And although every class varies, each will cover a variety of important skills that can not only help you stay safe and help others enjoy the water safely, but can help you begin, or advance, your career.

Course Prerequisites To participate in the Lifeguarding (Including Deep Water) course, participants must:

▪ Be at least 15 years old on or before the final scheduled session of the Lifeguarding course.
▪ Successfully complete the two prerequisite swimming skills evaluations:

o **Prerequisite 1:** Complete a swim-tread-swim sequence without stopping to rest:

▪ Jump into the water and totally submerge, resurface then swim 150 yards using the front crawl, breaststroke or a combination of both. (Swimming on the back or side is not permitted. Swim goggles are allowed)
▪ Maintain position at the surface of the water for 2 minutes by treading water using only the legs
▪ Swim 50 yards using the front crawl, breaststroke or a combination of both

o **Prerequisite 2:** 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 (feet-first or head-first) to a depth of 7 – 10 feet to retrieve a 10-pound object.
▪ Return to the surface and swim 20 yards on the back to return to the starting point, holding the object at the surface with both hands and keeping the face out at or near the surface.
▪ Exit the water without using a ladder or steps.

Any pictures taken during the course/s are property of Indiana State University Campus Recreation