

LIFEGUARD TRAINING REGISTRATION FORM
(Please print neatly)

FULL NAME _____
(As you would like it on a certificate)

STREET ADDRESS _____
(Where to mail a certificate)

CITY _____ STATE _____ ZIP _____

DAY PHONE _____ EVENING PHONE _____

DATE-OF-BIRTH _____ AGE _____

E-MAIL ADDRESS _____

I ACKNOWLEDGE THAT I HAVE RECEIVED THE COURSE PREREQUISITES AND OBJECTIVES; I ALSO UNDERSTAND THAT IN ORDER TO SUCCESSFULLY PASS THIS COURSE I MUST BE ABLE TO SUCCESSFULLY PERFORM THE COURSE PREREQUISITES, ALL WATER AND LAND SKILLS NOTED IN THE ATTACHED MATERIAL AND RECEIVE A GRADE OF 80% OR BETTER ON ALL EXAMS.

I AM AWARE THAT ATTENDANCE IS REQUIRED AT ALL SESSIONS. FAILURE TO ATTEND AND PARTICIPATE IN ALL CLASSES WILL CAUSE AN INDIVIDUAL NOT TO BE ADEQUATELY TRAINED AND HAVE THE ABILITY TO PRACTICE AND PERFORM SKILLS AND THEREFORE FAIL.

I UNDERSTAND THAT I AM RESPONSIBLE FOR A WORKING KNOWLEDGE OF ALL MATERIAL IN BOTH THE **LIFEGUARD TRAINING** TEXTBOOKS AND FROM VIDEOS, REGARDLESS IF COVERED IN A SPECIFIC CLASS DISCUSSION.

I UNDERSTAND THAT THERE ARE NO MANDATED FINAL WRITTEN OR WATER "RE-TAKE" OPPORTUNITIES. "RE-TAKE" OPPORTUNITIES ARE PERMITTED AT THE INSTRUCTOR'S DISCRETION ONLY.

ALL FEES MUST BE PAID IN FULL BY THE END OF THE SECOND CLASS AND THERE ARE NO REFUNDS OF ANY TYPE, INCLUDING FAILURES OR ABSENCES. DROPOUTS WILL BE CHARGED FOR MATERIALS AND BOOKS.

I UNDERSTAND THAT SUCCESSFUL COMPLETION OF THIS COURSE DOES NOT IMPLY A FORM OF LICENSING OR GUARANTEE FUTURE PERFORMANCE OF MY SKILLS. I UNDERSTAND THAT IONA COLLEGE, THE AMERICAN RED CROSS OR THE CLASS INSTRUCTORS ARE AND SHALL NOT BE HELD LIABLE FOR EXECUTION OF SKILLS AND PERFORMANCES IN EMPLOYMENT POSITIONS WHICH WERE OBTAINED WITH THIS CERTIFICATION AS WHOLE OR PARTIAL CRITERIA. PASSING INDICATES ONLY THAT I HAVE MET THE REQUIREMENTS ESTABLISHED FOR THIS COURSE DURING THE TIME PERIOD OF THIS COURSE. I UNDERSTAND THAT CONSTANT TRAINING, FITNESS AND STUDYING OF THE COURSE MATERIALS AND METHODS ARE REQUIRED FOR ADEQUATE EXECUTION OF COURSE OBJECTIVES.

SIGNATURE _____ DATE _____

AMERICAN RED CROSS COMPREHENSIVE LIFEGUARDING TRAINING COURSE
Including FIRST AID, CPR, AED ESSENTIALS FOR THE PROFESSIONAL
RESCUER and the WATERFRONT LIFEGUARDING MODULES
(All new ARC material as of January 31, 2007)
AT IONA COLLEGE MULCAHY CAMPUS CENTER POOL
715 NORTH AVENUE NEW ROCHELLE, NY 10801
APRIL 11, 18, 25 FROM 8:00am-5:00pm & on MAY 2 FROM 8:00-11:00am

American Red Lifeguarding & Waterfront Lifeguarding Course

The purpose of this course is to teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies both on pools and waterfronts. Attendance at all sessions is mandatory.

Course Prerequisites (Note: these combine prerequisites for pools and waterfront):

- Participants must be 15 years of age on or before the final scheduled session
- Participants will be pre-tested and must demonstrate the ability to swim 550-yards (22 lengths) using these strokes in this order with no stopping or time limit:
 - ▶ 200 yards of front crawl using rhythmic breathing and a stabilizing propellant kick.
 - ▶ 200 yards of breaststroke using a pull, breathe, kick and glide sequence.
 - ▶ 150 yards in any combination of above
- Participants starting in the water will be asked to swim 20-yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10 pound object and return to the surface, swim 20-yards back to the starting point and exit the water without using steps or ladders in one minute and 40 seconds.
- Swim 5-yards; submerge and retrieve three diving rings placed 5-yard apart in 4-7 feet of water and then swim 5-yards to side of pool.

Textbook and Materials: All course texts will be provided. Participants must provide their own swimwear, towels, etc.

Final Water & Written Tests: All physical skills must be completed successfully and written grades of 80% achieved on all written tests to achieve certification in these areas as well as **two of these three water test with scenarios detailed at start of entry**

- 1 – Active Drowning Victim – Deep Water
- 2 – Passive Submerged Victim – Deep Water
- 3 – Head Neck or Back Injury – Shallow Water

Section 1 – Recognition and Response Pool - (16 correct of 20 min)

Section 2 – Recognition and Response Waterfront– (16 correct of 20 min)

Section 3 – CPR/AED from the Professional Rescuer

(24 correct of 30 min on Part 1 and 8 of 10 on Part 2);

Section 4 – First Aid & Head, Neck and Back Injury and Searches (16 correct of 20)

Certifications & Requirements: In order to receive the certifications noted below, participants must attend all classes; demonstrate competency in all required skills and activities; competency in three final skill scenarios; correctly answer at least 80% of the questions in three sections of the final written exams: Section 1 (16 correct of 20 min); Section 2 (24 correct of 30 min on Part 1 and 8 of 10 on Part2); Section 3 16 correct of 20

Upon successful completion participants will receive a certificate indicating successful completion of **Lifeguarding/First Aid** valid for three (3) years; **Waterfront Lifeguarding** valid for three (3) years and another indicating **CPR/AED for the Professional Rescuer** valid for one (1) year

Instructor: Nick Cavaturo, Iona College, Director of Aquatics. 914-633-2323

Limits & Fee: 20 participants maximum; first-come-first serve. The past seven years we have reached capacity quickly. Early registration is advised. Fee is \$375.00 for non-Iona College students; \$200 for Full time Iona students and Staff. A \$100 deposit payable to Nick Cavaturo, Iona College, 715 North Avenue, New Rochelle, NY 10801 is required. Registrants will receive an e-mail confirmation.

Questions: Please e-mail ncavaturo@iona.edu

Course Length: The course Length is 32 hours

Session 1 April 11, 2010:

Introductions; Overview; prerequisite testing; Characteristics of Professional Lifeguard, Decision Making. Legal Consideration; Lifeguard Team; Facility Management; Injury Prevention; Safety checks; Weather Conditions; Management and Safety; Rescue Equipment; Entries (Slide-in, Stride Jump, Compact Jump; run and jump) and Rescue Approaches (Front Crawl and Breaststroke). Patron Surveillance; Victim recognition; Scanning; Emergency Action Plans (EAP); Discussion of Water Emergencies; In-Water Rescues including Simple assist, extension assist from deck, reaching assist with equipment; throwing assist; swimming extension; rescue board launch and use; active drowning victim rear rescue; passive drowning victim rear rescue; two person removal from water using backboard.

Session 2 April 18, 2010

Review; Principles for providing care; Standard Precautions; Glove Use and Removal; Resuscitation Masks; general procedures for sudden illness on land; initial assessments; land skill assessments; passive submerged victim shallow water; multiple victim rescue; feet first surface dive; submerged victim rescue deep water; Front and rear Head-Hold escapes; lifeguard rotation methods; victim recognition. Rescue Board use with distressed or active swimmer; rescue board with passive victim; walking assist; Beach Drag; front and Back carry; two person removal from water. **Written Exam Recognition and Response;**

Session 3 April 25, 2010:

Review of Final Written Exam – Section 1; Breathing emergencies; rescue breathing; RB on land; Bag-Valve Masks; Two Man use of BVM; Airway Obstruction conscious and unconscious; Cardiac Chain of Survival; Signs and Symptoms of Heart Attack; Cardiac Arrest; CPR; Two-Rescuer CPR; Intro to AED; AED principles and use; AED + CPR skills; Secondary assessment; secondary assessment on land; Sudden Illness, wounds; controlling external bleeding; Caring for Shock; Heat and Cold emergencies; First Aid wrap up. **Written Exam – CPR/AED for the Professional rescuer.**

Session 4 May 2, 2010:

Review; Injuries to muscles, Bones, Joints; Splinting; Slings; Binders; soft splint; Head, Neck, Back injuries on land and in water; In-Line Stabilization techniques in shallow water, deep water, submerged victims; backboard use; shallow water; deep water. Review Final Written Exam First Aid Head, neck and Back Injury; Shallow and Deep water searches; sightings and cross bearings; shallow and deep water line searches; Use of Mask Fins and Snorkel (MFS); Feet first surface dive with MFS; Head first surface dive with MFS; **Written Exam – First Aid; Head, Neck and Back Injury; Final Water Test Scenarios**

