

Lifeguard & Water Safety Instructor Training
City of Portland Recreation

212 Canco Rd, Suite A, Portland, Maine 04103

Phone 207.874.8456 / Fax 207.878.2731

e-mail: clepage@portlandmaine.gov



LIFEGUARD TRAINING

Interested in a great summer job or challenging career as a professional lifeguard? The primary purpose of the American Red Cross lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. Successful completion results in a 2-year certification in lifeguarding that includes first aid, professional-level CPR and AED in one certificate. Digital certificate available upon successful completion of course.

To enroll in the Lifeguard Training Course, candidates must:

1. Be at least 15 years old on or before the final scheduled session of the course. *Participants must provide proof of age.*
2. 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. *Goggles may be used for this prerequisite skill but cannot be used for any other parts of the pre-course session or during the course.*
3. Tread water for 2 minutes, using only the legs. Candidates should place their hands under the armpits.
4. Complete a timed event within 1 minute, 40 seconds:
 - Starting in the water, swim 20 yards. Swim goggles are not allowed.
 - Surface dive, feet-first or headfirst, to a depth of 7 to 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 with both hands holding the object and keeping the face at or near the surface so they are able to get a breath.
 - Exit the water without using a ladder or steps.
5. All of the above are completed at a **pre-course skills session**. This session is scheduled by appointment and must be completed no later than 1 week before the course starts. **NO EXCEPTIONS!**

This course will be offered in a blended-learning format which will require advanced registration with the Red Cross. Participants will need to complete ALL online assignments BEFORE the FIRST class time listed below. Participants must provide proof of online completion upon arrival to first class; neither course sponsors nor instructors are able to verify or view your online status. Participants are required to attend all of the course dates & times listed below in order to complete the course.

Course Dates & Fees:

2020 Spring Course Dates & Times:

Friday, May 29th, 1:30 p.m. – 6:30 p.m.

Saturday, May 30th, 9 a.m. – 5 p.m.

Sunday, May 31st, 9 a.m. – 5 p.m.

Course Location: Riverton Pool, 1600 Forest Ave, Portland, ME 04103

Course Fee: Residents \$200; Non-Residents \$215

Course Materials: \$60 (includes book, & two CPR masks; Participant books may be downloaded online at www.redcross.org; If participant brings own book, materials fee is reduced to \$15.)

Red Cross Registration and Certification: \$39 (This is paid with the course and materials fees. Participants will be e-mailed the direct link upon successful completion of the pre-course skills.)

Registration forms are due one week prior to the pre-course skills session appointment with a \$50.00 non-refundable deposit. Upon successful completion of pre-course skills, registration is also required with the Red Cross no later than 48 hours before start of course. (Details will be given at pre-course appointment.) Checks should be made payable to City of Portland and can be mailed with the completed Lifeguard/ WSI Registration Form to 212 Canco Road, Suite A, Portland, Maine 04103

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Water Safety Instructor Training

The American Red Cross Water Safety Instructor course trains instructor candidates to teach courses and presentations in the Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants' progress. Successful candidates are eligible to teach Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim, three adult-focused courses as well as the Basic Water Rescue and Personal Water Safety courses and more. While the course covers basic rescue skills, candidates will not be trained to function as a lifeguard.

To enroll in the **Water Safety Instructor** Course, you must be at least 16 years of age before the last scheduled class session and must successfully complete the Pre-course Skills Session.

Water Safety Instructor Pre-Course Skills Session:

Swim the following strokes consistent with the Stroke Performance Charts of Level IV of the

Learn to Swim Program:

Front Crawl – 25 yards

Back Crawl – 25 yards

Breaststroke – 25 yards

Elementary Backstroke – 25 yards

Sidestroke – 25 yards

Butterfly – 15 yards

Maintain position on back for 1 minute in deep water (floating or sculling)

Tread water for 1 minute

Pre-course skills session: Scheduled by appointment. Must be completed no later than 1 week before the course starts. Upon successful completion, participants will need to register with the Red Cross for the blended learning portion of the course no later than 3 days before the start date of the course. NO EXCEPTIONS!

This course will be offered in a blended-learning format which will require advanced registration with the Red Cross. Participants will need to complete online assignments outside of the class time listed below. Participants are required to attend all of the course dates & times listed below in order to complete the course.

Course Dates & Fees:

2020 Course Dates & Times:

Mon. May 11, 4-8pm

Tues. May 12, 4-8:30pm

Wed. May 13, 4-8pm

Thurs. May 14, 4-8:30pm

Sat. May 16, 8 a.m. – 5 p.m.

Mon. May 18, 4-8pm

Tues. May 19, 4-8:30pm

Thurs. May 21, 4-8:30pm

Course Location: Riverton Pool, 1600 Forest Ave, Portland, ME 04103

Course Fee: Residents \$302 Non-Residents \$332

Course Materials: \$50 (includes books)

Red Cross Registration: \$38 (This is paid directly to the Red Cross with a credit card online. Participants will be e-mailed the direct link upon successful completion of the pre-course skills.)

Registration forms are due one week prior to the pre-course skills session appointment with a \$50.00 non-refundable deposit. Upon successful completion of pre-course skills, registration is also required with the Red Cross no later than 48 hours before start of course. (Details will be given at pre-course appointment.) Checks should be made payable to City of Portland and can be mailed with the completed Lifeguard/ WSI Registration Form to 212 Canco Road, Suite A, Portland, Maine 04103

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Participant

Name: _____ DOB _____
Address: _____
City: _____ State _____ Zip Code _____
Home Phone: _____ Work Phone: _____
Cell Phone: _____ Other Phone: _____
Email _____

*The email address you provided will only be used to send a confirmation

Primary Guardian (if participant is under 18 years of age)

Name: _____
Address: _____
City: _____ State _____ Zip Code _____
Home Phone: _____ Work Phone: _____
Cell Phone: _____ Other Phone: _____

Emergency Contact (other than guardian)

Name: _____ Relationship to Participant _____
Address: _____
City: _____ State _____ Zip Code _____
Home Phone: _____ Work Phone: _____

Program [] Lifeguard Training [] Water Safety Instructor Training
Start Date: _____

Credit Card Information (Visa or MasterCard)

Name On Card: _____
Address: _____
City: _____ State _____ Zip Code _____
Home Phone: _____ Work Phone: _____

Credit Card Number _____ - _____ - _____ - _____ Expiration Date ____/____ CVV: _____
Amt \$ _____

(X) Cardholder's Signature _____ Date ____/____/____

Cardholder agrees to perform the obligations set forth in the cardholder's agreement with the issuer.

Release Assumption of Agreement, Agreement to Indemnify and Hold Harmless and Emergency Medical Release Signatures
I am aware that learning or participating in the above activity can be an activity involving risk of injury, including serious injury. I fully understand that the City of Portland, its agents, officers and employees accept no responsibility and will not be liable for any injury, harm or damage to property occurring during or arising out of participation out of said program.

To the fullest extent permitted by law, I do hereby agree to assume all risk of injury, harm or damage to my person, my child or property (including but not limited to his/her property caused by negligence of the City of Portland, its agents, officers or employees) arising during or in connection with said program, and I do hereby release and agree to indemnify and hold harmless the City of Portland, its agents, officers and employees from any and all liability, actions, damages and claims of any kind and nature whatsoever (including but not limited to his/her property caused by negligence of the City of Portland, its agents, officers or employees) for injury harm or damage to his/her property that may arise or occur during or in connection with said programs. I also agree to abide by any and all rules, regulations, and policies of the above activity.

And further, I (we) give our permission for emergency medical treatment to be given to our child, in case I (we) cannot be reached by phone.

Photographs: The Department of Parks & Recreation may take pictures or videos of participants at our programs, activities or special events. Please be aware that the picture may appear in future promotional materials, including our brochure.

(X) Participant's or Guardian's Signature _____ Date _____

PAYMENT IS REQUIRED AT THE TIME OF REGISTRATION.

Registration forms are due one week prior to the pre-course skills session appointment with a \$50.00 non-refundable deposit. Upon successful completion of pre-course skills, registration is also required with the Red Cross no later than 48 hours before start of course. (Details will be given at pre-course appointment.) Checks should be made payable to City of Portland and can be mailed with the completed Lifeguard/ WSI Registration Form to 212 Canco Road, Suite A, Portland, Maine 04103