



TWIN PIKE FAMILY YMCA

# LIFEGUARD CERTIFICATION

FUTURES IN THE MAKING LIFEGUARD INTERNSHIP PROGRAM

**REGISTRATION FORM & \$25 REGISTRATION FEE DUE: July 1, 2022**

**AGE REQUIREMENT: Participants must be 16 by July 15, 2022.**

**CLASS DATES & TIMES: \*** (Participants **MUST** attend every class.)

**July 11 - 15, 2022**  
**8:00 a.m. - 4:30 p.m.**

**E-LEARNING TIME:** This is self-paced, online learning time that **MUST** be completed outside of class. This is required to be completed at certain times and must not be completed all the night before class begins. **Approximately 16 hours of e-learning time is required to complete the course.**

**FEES:** \$25 Registration Fee and \$225 Course Fee (may be waived, see below)

**FUTURES IN THE MAKING INTERNSHIP:** Participants may apply for this exciting program which will lead to employment as a lifeguard with the Twin Pike Family YMCA. Successful completion of the lifeguard course and the program, will waive the course fee. (The participant must pass the physical competency, Basic Life Support (CPR), First Aid, and Oxygen Administration tests before continuing to the YMCA lifeguard portion of the class.) See attached information sheet for the Futures in the Making Internship Program. →

If you wish to be considered for the program, contact Jane Riley, Aquatics Director, as soon as possible, for an appointment.

**CLASS PARTNER NEEDED FOR POOL TIMES:** Due to COVID-19 exposure and transmission concerns, each person will need to have a family member serve as a victim for in-pool practicing. This person will need to be a swimmer who is comfortable swimming in deep water and is able to float with his or her face down. (If this is not possible, please discuss this with the instructor as soon as possible.)

**ILLNESS:** Students are NOT permitted to attend training if they display any of the following symptoms or have been in close contact with persons with any of the symptoms or a known COVID-19 case in the **seven days prior** to the course starting: Cough; Shortness of breath or difficulty breathing; Fever (Fever is 100.4 degrees with forehead thermometer or 99.5 with oral thermometer.); Chills; Muscle pain; Sore throat; New loss of taste or smell; Nausea; Vomiting; Diarrhea; or Headache.

**OTHER COVID-19 PRECAUTIONS:** Cloth face coverings should be worn as much as possible throughout the course. Face visors may be worn in the water. Equipment will be disinfected between use. Hand sanitizer and handwashing will be encouraged. Social distancing will be practiced.

**COMPETENCY SWIM: The following must be completed the first day of the class.** Part 1—Tread water for 2 minutes and then swim 100 yards of freestyle (front crawl); Part 2—Swim 50 yards continuously of each stroke: freestyle with head up; sidestroke; breaststroke; breaststroke with head up; elementary backstroke with legs only; do a feet first surface dive to the bottom of the pool and swim underwater 15 feet; Part 3: Sprint for 60 feet, perform an arm-over-arm surface dive, pick up a dive ring from the bottom, surface and tread water for 1 minute with legs only, replace the object, surface, swim the remaining length to the end of the pool, hoist yourself out of the water without a ladder, begin compressions on an adult mannequin do 100 compressions, follow further instructions.

**REGISTRATION IN THE YMCA LEARNING AND CAREER DEVELOPMENT CENTER (LCDC)** To complete your registration for this course, you must complete the paper registration form and turn in to the Twin Pike Family YMCA with the \$25 registration fee. You must also register online in the YMCA Learning and Career Development System. To do this follow the instructions on the following page.

Go to the following link: <https://lcdc.yexchange.org>

This link should take you to the landing page for the LCDC. Log in or **create an account**. You will then need to register for the course. Search for Lifeguard Courses. If you cannot easily see how to register, text the instructor for a link to the course. Krista Flowers 573-470-5158. Then you should be taken to the course to register for it in the LCDC system.

**E-LEARNINGS for the LIFEGUARD PORTION OF THE CLASS:** In LCDC system, there are e-learnings you must complete before our classroom sessions. There are e-learnings due on the first classroom day. **These will take approximately 8 hours to complete.**

**E-LEARNINGS for the BLS (CPR)/FIRST AID/O2 PORTION OF THE CLASS:** Students will receive an email with a link to complete these e-learnings. The first full day of class will be spent in completing these three certifications. You **MUST** complete the e-learnings for all three of these prior to the class in which they are being taught. **These e-learnings take students 6 - 8 hours to complete.** Once you complete them, please screenshot the certificate or take a picture of it, and text it to your instructor.

**DIRECT ALL QUESTIONS ABOUT THE COURSE AND REGISTRATION TO:**

**Course Instructor:** Krista Flowers, 573-470-5158 - (text is best) or

Email: [kristaflowers1@gmail.com](mailto:kristaflowers1@gmail.com)

**DIRECT ALL QUESTIONS ABOUT BEING HIRED TO:**

Aquatics Director: Jane Riley, Twin Pike Family YMCA, 573-754-4497, [janeriley07@gmail.com](mailto:janeriley07@gmail.com)

Twin Pike Family YMCA

# Lifeguard Certification

REGISTRATION FORM & \$25 REGISTRATION FEE DUE:

July 1, 2022

**REMAINING COURSE FEE \$225 - may be waived with completion of the Futures in the Making Internship Program.**

Participant Name \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Address: \_\_\_\_\_

City/State \_\_\_\_\_ Zip: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Gender: M F

Member \_\_\_\_\_ Non-Member \_\_\_\_\_

Special Health Needs: \_\_\_\_\_

\_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Emergency Contact with Contact Information: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ (Continued → )

## IMPORTANT AGREEMENT FOR LIFEGUARD CLASS PARTICIPANTS:

I understand I must:

- Turn in the paper registration form on time.
- Register in the YMCA LCDC system by July 1, 2022
- Pass a physical competency test on the first day of class. I understand if I do not pass this test, I will not be allowed to complete the lifeguarding portion of the class. I will be able to complete the BLS, First Aid, and O2 portion of the course. I will not receive a refund of the \$25 course registration fee.
- Complete the BLS (CPR), First Aid, and O2 e-learnings prior to the class in which they are being taught.
- Complete the Lifeguarding e-learnings prior to the classes in which they will be taught as directed.
- I must pass a written test and a skills test to complete the course and receive certification.

I hereby certify that myself or my child is in normal health and capable of safe participation in the Twin Pike Family YMCA Aquatics program. I assume all risks and hazards incidental to conduct of this program and for the transportation to and from the program. I hereby authorize the Twin Pike Family YMCA to obtain medical treatment for myself or my children in the event of an emergency. I support the play, family involvement and volunteer leadership. I also give the Twin Pike Family YMCA permission to use photos taken during any programs for media use. I understand that paid fees are nonrefundable and non-transferable. I also understand that my child may not attend the lifeguard class until all enrollment registration and paperwork are complete. Payments can be made to the Twin Pike Family YMCA.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please return to: Twin Pike Family YMCA Phone: 573-754-4497

### OFFICE USE ONLY

Date: \_\_\_\_\_ Amount Paid: \_\_\_\_\_

Check #: \_\_\_\_\_ Cash: \_\_\_\_\_ Staff: \_\_\_\_\_ Put in  
Daxko \_\_\_\_\_ Code #20