



American Red Cross Lifeguard Training Course

The purpose of this course is to teach candidates the knowledge and skills needed to prevent and respond to aquatic emergencies in a pool. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies and prevent drownings and injuries. Upon successful completion of the course, each participant will receive certifications in Lifeguard Training and First Aid valid for 3 years, and CPR/AED for the Professional Rescuer, which is valid for 1 year.

Prerequisites:

- Minimum age of 15
- Swim 300 yards continuously
- Swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 min., 40 seconds
- Swim 5 yards, submerged and retrieve three dive rings placed 5 yards apart in 4-7 feet of water, resurface and swim 5 yards to the side of the pool

Date and Time: Monday – Friday, June 20 – 24, 10 a.m. – 6 p.m.

Fee: \$330.00 (includes all American Red Cross books and materials). If the pre-course swim test is not passed, all but a \$30 administration fee will be refunded. Checks should be made payable to Hale Reservation and enclosed with the registration form.

Venue: The course will be held at Noble and Greenough School, 10 Campus Drive, Dedham, MA 02026.

For More Info: Hale Main Office 781-326-1770

.....

LIFEGUARD REGISTRATION FORM

Please return form to: Hale Reservation, 80 Carby Street, Westwood, MA 02090

Name: _____ Telephone: _____

Street: _____

City: _____ State: _____ Zip: _____ Email: _____

Participant Signature: _____ Date: _____

If under 18: Signature of Parent/Guardian: _____

Please include payment of \$330 with this registration form. Checks payable to Hale Reservation.

Method of payment	Check # _____	Amount \$ _____
Date received:	_____	

