

**ARDSLEY SCHOOLS  
LIFEGUARD COURSE  
2018-2019**

**MAKE CHECK PAYABLE TO:** ARDSLEY UFSD

**MAIL TO:** RECREATION DEPT.  
500 FARM ROAD  
ARDSLEY, NY 10502

Name \_\_\_\_\_ D.O.B. \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_  
(PLEASE PRINT CLEARLY)

**Class will be held on 4/15, 4/16, 4/17, 4/18 of 2019**

**Class times are 8:30 to 4:30 PM**

AMOUNT ENCLOSED \$ \_\_\_\_\_ CHECK NO. \_\_\_\_\_

If you're 15 or older and looking for a great summer job or challenging career that's in demand, the Red Cross Lifeguarding program is the place to start. Through videos, group discussion and hands-on practice, you'll learn patron rescue and surveillance skills, first aid and CPR/AED for the Professional Rescuer. Courses are available with a focus on a variety of environments, including pools, waterfronts, water parks and shallow water attractions.

*Prerequisites: Must be at least 15 years old and pass certain swimming requirements listed below.*

*Course length: 30 – 37 hours; 1 year CPR/AED certification and 2 year Lifeguarding certification. Must attend ALL classes.*

**Costs:** \$314.00 for all Ardsley Schools Students (Payable to Ardsley UFSD)  
\$414.00 for all Non Ardsley Students (Payable to Ardsley UFSD)

**Certificate Costs:** \$38.00 (Payable to the instructor, Judy Anker for a computer generated issue of certification)

A \$100 non-refundable fee is included in all rates, for materials. Refunds will be granted only because of a physical illness and accompanied by a doctor's note.

Please complete and sign the form and return the completed form with your check to Ardsley UFSD, Recreation Dept., 500 Farm Road, Ardsley NY 10502.

**Note:** Students will not be permitted to participate in any program until payment in full has been received by the school district. Students should bring lunch.

**Visit our website at [www.ardsleyschools.org](http://www.ardsleyschools.org). For more information about our programs.**

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**Course Prerequisites:**

To be eligible for the Lifeguarding course, the participants must be 15 years of age on or before the final scheduled session of the course. The participants must successfully complete the following:

1. Swim 300 yards continuously, using these strokes in the following order:
  - 100 yard of front crawl using rhythmic breathing and stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or front.
  - 100 yard of breaststroke using a pull, breath, kick and glide sequence.
  - 100 yard of either the front crawl or breaststroke. The 100 yards may be a combination of front crawl and breaststroke.

*Note: there is no time requirement for this skill. The participants must show only that he or she can swim 300 yards using the above strokes without stopping. The purpose of swim is to demonstrate comfort in the water.*

2. Starting in the water, 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 minute, 40 seconds.

*Note: When returning to the starting point, the participant must hold the 10-pound object with both hands, placing the brick on his or her chest, and must keep his or her face above the water. The participant can swim on his or her back using an elementary backstroke kick, flutter kick or a rotary (eggbeater) kick. The participants must exit the water using his or her strength. The time is complete when the participant exits the water and is standing up on the pool deck. The purpose of the timed event is to ensure that the participant demonstrates comfort in the water, along with enough speed, strength and endurance to perform a combination of basic skills that are required and built upon throughout the course.*

3. Must be able to tread water for 2 min. without use of your hands.

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**WAIVER: (This must be signed in order to use the pool)**

I have read and understand the pool regulations listed on this form. I and the children of my family agree to follow them. I (we) also agree to follow the rules posed at the pool and any special instructions given to me (us) by the lifeguards. I (we) hereby agree to assume all risks and hazards incidental to such participation. I, and the members of my family also hereby waive, release, absolve, indemnify and agree to hold harmless the Ardsley Union Free School District, any sponsors, supervisors, participants, and employees, from and against any and all claims and/or causes of action arising out of any injury from such participation.

**Signed** \_\_\_\_\_ **Date** \_\_\_\_\_

**Please note: Anyone under age 18, including Ardsley High School students must have this form co-signed by a parent or legal guardian.**

**Parent/Guardian** \_\_\_\_\_ **Date:** \_\_\_\_\_

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**NON-DISCRIMINATION CLAUSE**

The Ardsley Union Free School District does not discriminate on the basis of age, color, religion, creed, marital status, veteran status, national origin, race or gender in its educational programs, activities, and/or hiring. In addition, the District does not discriminate on the basis of disability and hereby acknowledges its obligation not to discriminate on the basis of disability and hereby acknowledges its obligation not to discriminate and encourages person with disabilities to contact it in regard to reasonable accommodations. Inquiries concerning this policy of equal opportunity should be referred to the District Office, Director of Financial & Personnel Services, Ardsley Union Free School District, 500 Farm Road, Ardsley, NY 10502.