



6116 Wilson Mills Rd, Mayfield Village, OH 44143 440-995-6840

June 2021

AMERICAN RED CROSS Blended Learning LIFEGUARD TRAINING

REGISTRATION DEADLINE May 25, 2021

NO MAKE UP CLASSES. PARTICIPANTS MUST ATTEND ALL CLASSES

Mayfield School District Residents Cost: \$150 Resident

Non Resident Cost: \$175

(Questions please contact Annemarie Finch afinch@mayfieldschools.org)

This is a Blended learning course. Participants are required to register and complete assignments PRIOR to the first day of class. Failure to complete the online portions will result in course failure. Online access will be provided to participants registered by April 5, 2021. Please read attached COVID 19 procedures and protocols.

Class Dates & Times: Tuesday, Wednesday, Thursday June 1, 2 & 3 9:00 am to 5:00pm

Participants must be a minimum of 15 years of age must successfully pass the required pre-course swimming test (see release form for requirements of swim test). If you are unable to attend ALL classes you will NOT pass the course. Upon successful completion of the class each participant will receive the following American Red Cross Certifications: Lifeguard Training, CPR for the Professional Rescuer, Automated External Defibrillation (AED), and Preventing Disease Transmission. Participants should bring lunch, towels, suits, sandals, and padlock, water bottle, ID and class room tools every day.

***Please sign release – if under 18 parent must sign below**

Participants Name: _____ **Date of Birth:** _____ **M/F:** ____
Address: _____ **City:** _____ **Zip:** _____
Home Phone: _____ **Cell Phone:** _____ **Work Phone:** _____
Email: _____ **Emergency Name:** _____ **Phone:** _____

AGREEMENT TO INDEMNIFY, AND NOT SUE, AND RELEASE OF ALL CLAIMS

As a participant in a program, activity or membership offered by:(1)the Village of Gates Mills;(2)the Highland Heights Recreation Department; (3) the Mayfield City School District Board of Education; (4) the City of Mayfield Heights Parks and Recreation Department; and/or (4) the Mayfield Village Parks and Recreation Department(hereinafter collectively referred to as the “Wildcat Sport and Fitness” WSF) to be held within or about the WFS, Releasor (or the participant for whom Releasor will sign if the participant is under 18 years of age) recognizes and acknowledges that Releasor may be exposed to a variety of risks, and Releasor agrees to assume all such risks including, but not limited to, physical injuries, death, loss of services or consortium, loss or damage to property, or any other loss or injury which Releasor may sustain as a result of participating in any and all activities connected or associated with Releasor’s use of the WSF or participation in any programs associated with the WSF.

Releasor acknowledges that Releasor has no physical limitations or disabilities of any kind which may restrict or limit Releasor, in any way, from participating in any activity to be held within or about the WSF. Releasor acknowledges that any special accommodation Releasor may need in order to participate in activities within the WSF will be brought to the attention of the WSF, in writing, at least one week prior to Releasor’s participation in any activity conducted within or about the WSF.

In consideration of the WSF accepting Releasor’s registration and participation, and with the intent to be legally bound, Releasor for himself, his heirs, next of kin and assigns, hereby: (1) releases the WSF and any of its officers, officials, agents, employees, volunteers, independent contractors and other representatives from any and all claims, liabilities, demands, actions or causes of action in any way resulting from my participation in this and any other programs of the WSF; (2) waives and relinquishes any claim Releasor had, has or may have as a result of Releasor participating in any programs or activities offered by the WSF; and (3) covenants not to sue and agrees to hold harmless and defend the WSF and any of its officers, officials, agents, employees, volunteers, independent contractors and other representatives, from any and all claims, liabilities, demands, actions or causes of action in any way resulting from Releasor’s participation use of, in any manner, the WSF.

USE OF PHOTOGRAPHS: Releasor hereby grants and provides the WSF the right to use Releasor's image or photograph (or the photograph or image of the participant for whom Releasor is signing) with or without Releasor's name, individually and in conjunction with others for any purpose including, but not limited to, private or public presentations, advertising, publicity and promotion. Releasor warrants that Releasor has the right to authorize the foregoing and does agree to hold the WSF harmless from any and all liability of whatever nature which may arise out of result of such uses.

Signature: _____ **Date:** _____

For Office Use Only: Proof of Residency verified for District Rates by: _____ **Date:** _____



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To Lifeguarding Class Candidate:

Welcome to the American Red Cross Lifeguarding Course. Please read the information on this form, sign at the bottom, and bring it with you on the first day of class.

YOU MUST BE ABLE TO PROFICIENTLY SWIM 300 YARDS CONTINUOUSLY.

Prerequisite Swimming Skills Evaluation:

1. Candidates will perform a 300-yard continuous swim using the front crawl with rotary breathing, breaststroke or a combination of both. Swimming on back or side is NOT permitted. Swim goggles are allowed.
2. Candidates will tread water for 2-minutes without support and without stopping. When treading only the legs can be used. Candidates should place their hands under their armpits. The head must remain above the surface of the water.
3. Candidates will perform a 1 minute 40 second timed event.
 - Swim approximately 20 yards. The face may be in or out of the water.
 - Surface dive, feet first or head first, to a depth of 7-10 feet retrieve a 10lbs brick.
 - Return to surface and swim 20 yards to return to the starting point with both hands holding the object and keeping the face at or near the surface so you are able to get a breath. You may not swim the distance with your face under water.
 - Exit the water without using ladder or steps.
 - Goggles are not permitted during this event.

All lifeguarding candidates will be required to attend ALL scheduled classes. There is no extra class time scheduled for make-ups. In addition, much of the information and skills are cumulative, and missing a class will hinder other students with valuable class time being spent in review of previous material. Extraordinary circumstances will be handled on a case-by-case basis and subject to the approval of the instructor(s). Advance notification is appreciated. These attendance guidelines will be strictly enforced and failure to attend all classes will result in the student being dropped for the course. Responsibility and reliability are the most important attributes of a good lifeguard. The lifeguarding candidate will be expected to display these traits throughout the class. Signing below indicates acknowledge of and agreement of these policies.

Printed Student's Name

Student's Signature

Date

Printed Parent's Name

Parent's Signature

Date

THIS FORM MUST BE SIGNED AND BROUGHT TO THE FIRST CLASS

If you are unable to complete the pre-course test, your money will be refunded except for \$5 for processing fees

Lifeguard Training Covid 19 Policy and Procedures

Due to the Covid 19 the following procedures and protocols have been put into place:

1. Participation is limited to Mayfield School District Residents with proof of residency presented at time of registration.
2. Class maximum is 12 participants and Class minimum is 4
3. Temperatures will be taken. Anyone with a body temperature of 100.4 and higher will not be permitted into the facility.
4. Participants will enter the pool deck from the lobby and must exit south door and door 16.
5. All participants will wear masks and maintain social distancing while moving about the facility. Participants are recommended to bring several masks and a water proof container to store masks when not in use.
6. Due to Covid 19 protocols, Locker room capacity is 10 people, lockers and showers are not available.
7. Participants will be assigned to a learning group for the duration of the class.
8. Sanitizing procedures will be demonstrated at the beginning of the class and will be enforced throughout the class.
9. Instructors will instruct participants on additional protocols as necessary.