



American Red Cross Lifeguarding Course



Lifeguard Candidates Must Meet All Of The Following Requirements:

- Participants must be at least 15 years old
 - Pass the swim test before first class
- (See Requirements on back for swim test)**
- Attend ALL class sessions
 - Pass CPR scenarios
 - Pass swimming rescue scenarios
 - Pass all 3 sections of the written exam with a score of 80% or better.

If a student does not pass the course they are NOT eligible for a refund

Completion of the course does not guarantee employment with be City of Belton



Lifeguard Course dates (See Requirements on back):

- *Feb. 22 -- 4:00pm-8:00pm
- *Feb. 23 -- 8:00am-5:00pm
- *Feb. 24 -- 8:00am-5:00pm

(Hours may vary depending on class size)

Cost: High Blue Wellness Center member: \$175
Non-Members \$200

Where: High Blue Wellness Center - Lap Pool

Deadline: Feb. 22 (Must be turned in before the end of the first class session)

Please fill out and return to the High Blue Wellness Center or mail to:
High Blue Wellness Center, 16400 N. Mullen Road, Belton, MO 64012.

Participant's Name: _____ Activity #: **357000-05**

Birth Date: _____

Address: City: _____ Zip: _____

Parent/Guardian: _____ Phone: _____

E-mail: _____

I, the parent of the above listed child, do hereby agree to release all liability and claims against the Belton Parks and Recreation Dept. and agree to hold harmless any liability against the Belton Parks and Recreation Dept., any sponsoring organization, facility, instructor and any other party involved, due to injuries, accidents, negligence, or any other circumstances arising from participation in this program with respect to any time prior, during and after the activities, including participation in all related events. I understand that my child may be photographed for publicity purposes.

Parent's Signature: _____ Date: _____

PREREQUISITE QUALIFICATIONS

1. Swim 300 yards continuously, using the strokes of front crawl or breast stroke

Note: There is no time requirement for this skill. The participant must show only that he or she can swim 300 yards using the above strokes without stopping. The purpose of the 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 brick, return to 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 10 pound object with both hands, placing the brick on his or her chest, and must keep his or her face above the water.

PREREQUISITE QUALIFICATIONS

Upon successful completion of the Lifeguarding course, each participant will receive one American Red Cross Universal Certificates - indicating Lifeguarding/First Aid and CPR/AED for the Professional Rescuer, which is valid for 2 year.

To receive the two course completion certificates for the American Red Cross Lifeguarding

course, the participant must:

1. Attend all class sessions
2. Demonstrate competency in all required skills and activities.
3. Demonstrate competency in the three final skill scenarios.
4. Correctly answer at least 80 percent of the questions in the three sections of the final written examinations.

If you have any questions please contact Candace Roller at 816-348-7440 ext 7440.



FOR MORE INFORMATION:

High Blue Wellness Center
16400 N. Mullen Road
Belton, MO 64012
816.348.7400
www.beltonparks.org