

American Red Cross 2021 Lifeguarding Class Registration

Please print clearly:

Name: _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Email: _____

Candidate must be 15 years of age on or before the final day of class.

Date of Birth: _____

See Page 2 for specific class dates and course information. Course includes Red Cross certification in Lifeguarding, First Aid and CPR/AED for Professional Rescuers. Administering Emergency Oxygen, Waterfront Lifeguarding and Waterpark Lifeguarding options available at no additional cost.

Select a class:

- Class 1 – May 15 to May 29
- Class 2 – June 14 to June 17
- Class 3 – June 21 to June 24

Payment:

- Cash
- Check
- Debit/Credit Card (+\$10.00)

Course fee: \$250.00 (Standard Red Cross price – \$700.00) The 2017 Lifeguarding Participant manual is included in the fee and is required for reference in class. A discount of \$25.00 will be given if you have the published 2017 Lifeguarding manual or if you download the manual from www.owenshs.com and print your own (405 pages). Payment must be made, at time of registration, by cash, check, debit card or credit card. [\$10.00 processing fee if paying by debit or credit card.] **Make checks payable to "Owens Health and Safety, LLC."** Credit card payments can be made in person or on the phone. 208-360-6491 Online payment is not available. Mail registration form and payment to Owens Health and Safety, LLC, 1385 Lowell Drive, Idaho Falls, ID 83402-5175. Candidates who do not successfully complete the prerequisite swim may receive a full refund.

Lifeguarding candidate **MUST** attend all classes to receive a certification!

Email questions to: classes@owenshs.com

Class information available at www.owenshs.com

I understand I must attend all classes and I have read the drop policy.

Candidate signature if 18 or older. Parent or guardian signature if under 18.

Owens Health and Safety is an American Red Cross Licensed Training Provider

1/24/2021

Most Lifeguarding courses only offer the basic Red Cross Lifeguarding certification. Included in the cost of our course is certification in Red Cross Lifeguarding, Waterfront Lifeguarding, Waterpark Lifeguarding and Administering Emergency Oxygen. Taken separately, these 4 certifications would cost \$700.00. We maintain a smaller instructor to student ratio to provide more personalized instruction to the students. Our syllabus includes additional time for in-water skills practice, resulting in better trained lifeguards.

WHY DO OUR CLASSES COST MORE? Four Red Cross certifications, 5 extra hours included to practice skills, fewer students per instructor, instructors have decades of teaching experience, highest quality training offered in Idaho.

PRETEST: Candidate must successfully demonstrate the following skills during the pretest session to continue the course:

1. Swim 300 yards continuously, demonstrating breath control and rhythmic breathing. Swim 550 yards for Waterfront Lifeguarding certification.
2. Tread water for 2 minutes using only the legs. Hands in armpits.
3. Starting in the water, swim 20 yards, surface dive 7–10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point keeping both hands on the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

NOTE: Minimum class size is 10 lifeguarding candidates. Course may be cancelled if minimum class size is not met.

Lifeguarding courses will be conducted using a combination of online, classroom and in-water training. There are two to five written exams (depending on modules selected) that must be passed with a score of 80% or higher.

Class 1 - Tuesday, Thursday, Saturday – May 15 to May 29 – Ammon City Pool, 3000 Southwick Lane, Ammon, ID

Course pretest Saturday, May 15, from 10:00am to 11:30am.

Classroom training Tuesdays and Thursdays from 6:00pm to 9:30pm.

In-water training Saturdays, May 22 and 29 from 9:00am to 6:00pm.

Class 2 – Monday through Thursday – June 14 to June 17 – Ashton City Pool, 305 1st Street, Ashton, ID

Class meets from 8:00am to 5:00pm each day.

Class will begin each day at the Ashton City Hall, 714 Main Street, Ashton, ID.

Class 3 - Monday through Thursday – June 21 to June 24 - Heise Hot Springs, 5116 E Heise Road, Ririe, ID 83443.

Class meets from 8:00am to 5:00pm each day.

Class will begin each day in the Heise Hot Spring main lodge.

Red Cross Cancellation/Drop Policy

If the cancellation occurs:

- 1 to 3 days before the class start date, the drop fee is 40%
- Class start date or any time after the class start date, the drop fee is 100%
- Candidate may transfer to another scheduled lifeguarding class with no drop fee