

Director: Michelle Chiudina, Lifeguard Training Provider

DATE: LIFEGUARD TRAINING CLASS – First time lifeguards
Pre-Cert, Friday, June 25th – 5:30 pm to 8:30 pm
June 26, 8 am to 1 pm June 27 8am to 6pm, June 28 4pm to 8pm (CPR and Test)

THIS IS A BLENDED LEARNING CLASS – requires phone, tablet or computer to access the lessons through the Red Cross Website. If you do not have access to these please inform the instructor.

AGE: 15 years old +

FEE: \$400.00

PAYABLE: TOWN OF SOUTHEAST

New Class

Are you 15 or older and looking for a great summer job or a challenging career?

Lifeguarding is the best place to start! Lifeguarding gives you an exciting position, working as part of a team to help people safely enjoy the water. You could save a life too!

Lifeguarding will help you develop skills and experience that will be valued by colleges and future employers. It's a great way to demonstrate what you can offer. Colleges and employers look for applicants who can deal effectively with people, who have a take charge attitude and who are willing to work to develop new skills.

DATE: RE-CERTIFICATION – LIFEGUARD TRAINING
June 18th 4 to 8 pm. 19, 20th (8 am to 1 pm)

FEE: \$200.00

PAYABLE: TOWN OF SOUTHEAST

DATE: RE-CERTIFICATION – LIFEGUARD TRAINING
June 21-22, 23, 24 (4 to 8 pm)

FEE: \$200.00

PAYABLE: TOWN OF SOUTHEAST

If interested in a CPR class or a re-certification CPR class please call the Recreation Department at 279-3915

ACTIVITIES REGISTRATION FORM

PROGRAM: _____

NAME: _____ MALE: _____ FEMALE: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

PHONE#: _____ WORK#: _____ CELL#: _____

GRADE: _____ SCHOOL: _____ AGE: _____ D.O.B. _____:

EMERGENCY CONTACT: _____ PHONE#: _____

FEE (non-refundable): _____ Check#: _____ Cash: _____

E-MAIL ADDRESS: _____

_____ has my permission to participate in the Southeast Recreation program. I assume all risks and hazards incidental to such participation including transportation to and from activities. I do hereby waive, release, absolve, indemnify and agree to hold harmless the sponsors and coaches for any claim arising out of an injury to my child. I also understand that it is my responsibility to notify the instructor of any MEDICAL/ PHYSICAL condition that could limit my child's participation or that requires special attention.

PARENT/GUARDIAN SIGNATURE: _____

DATE: _____

Mail or drop off at: Town of Southeast Recreation Department
One Main Street / Brewster, New York 10509 phone #: (845) 279-3915
Website: www.southeast-ny.gov

Course information is as follows:

A) Prerequisites

1. 15 years of age
2. Strong swimmer must be able to swim 12 continuous laps, using a combination of freestyle and breaststroke.
3. 2 minutes continuous deep-water tread
4. Deep water retrieval of 10 lb. brick
5. 100% attendance is required

B) Course Syllabus

1- Skill Prerequisites- above-mentioned prerequisite skills will be completed first. If participants cannot complete any part of the prerequisite skills, they will be given another opportunity to repeat them at the end of the day. If participant cannot complete the skill prerequisites, *\$400.00 check will be returned for the course fee.*****

2- Topics Covered

- **Characteristics, skills and responsibilities of being a professional lifeguard**
- Decision Making
- Rescue equipment
- Entries and approaches-skills practice
- Effective surveillance
- Emergency action plans
- Rescue Skills Part One- skills practice
- Standard precautions
- Using resuscitation mask
- Initial assessment- skills practice
- Rescue Skills Part Two- skills practice
- Rescue Breathing- skills practice
- Bag –Value Resuscitator- 2 rescuers CPR - skills practice
- Administering Emergency Oxygen (2)
- Airway obstruction -skills practice
- CPR -skills practice
- 2 rescuers CRP -skills practice

- The heart's electrical system
- Using an AED -skills practice
- Using an AED when CPR is in progress
- Secondary assessment
- Sudden illness
- Wounds
- Blood-borne Pathogens (2)
- How infections occur
- Exposure control Plan
- Personal Protective equipment
- Engineering and work practices control
- Exposure incidents
- Heat related cold related injuries
- Injuries to muscles, bones and joints
- Head, neck and back injuries on land -skills practice
- Head, neck and back injuries in shallow water -skills practice
- Head, neck and back injuries in deep water -skills practice
- Shallow Water Attendant Module
- Responsibilities of Lifeguard Management
- Decision Making
- Skills test scenarios
- Written Exams