

## STATEMENT OF PARTICIPATION AGREEMENT/WAIVER OF LIABILITY

Applicant understands that The Pennsylvania State University, through its Capital Union Building Aquatics facility, offers exercise that can be potentially dangerous.

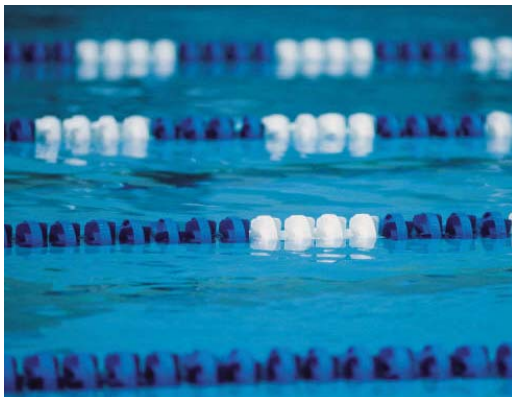
Therefore, it being the intent of the Applicant to hold Pennsylvania State University, its trustees, officers, agents and employees harmless, Applicant hereby releases, waives and forever discharges the same from any and all liability for injury suffered by Applicant related to the use of the Capital Union Building Aquatics facility and the locker rooms at his/her own risk.

It is recommended that Applicant become knowledgeable of all pool rules prior to using the facility.

Pool rules are posted in the facility.

Applicant also understands that due to emergencies in the pool area that the pool may need to close for the lifeguards on duty to attend to the victim(s).

Additionally, applicant authorizes Penn State personnel to photograph, videotape, and/or audiotape in promotion of The Pennsylvania State University's Aquatic Programs.



## LGI TRAINING DATES

### January Course:

- Thursday, January 4, 2018\*  
5:30 p.m.-9:30 p.m.
- Friday, January 5, 2018  
5:30 p.m.-9:30 p.m.
- Saturday, January 6, 2018  
9:00 a.m.-4:00 p.m.
- Saturday, January 6, 2018\*\*  
5:00-8:00 p.m.
- Sunday, January 7, 2018  
9:00 a.m.-5:00 p.m.

\*Swim test is a prerequisite.

\*\*Location for deep water portion of class is Elizabethtown College, Thompson Pool. Directions will be provided.

RED CROSS

# LIFEGUARDING INSTRUCTOR COURSE

JANUARY 2018



**PennState**  
Harrisburg

Capital Union Building  
717-948-6740 • 717-948-6664  
[harrisburg.psu.edu/aquatics](http://harrisburg.psu.edu/aquatics)

## AMERICAN RED CROSS LGI TRAINING

The purpose of the American Red Cross Lifeguarding Instructor course is to train instructor candidates to teach the American Red Cross Lifeguarding, Lifeguarding Blended Learning, CPR/AED for Professional Rescuers and Health Care Providers, Administering Emergency Oxygen, and Bloodborne Pathogens Training Courses and/or modules.

Minimum Age: 17  
LGI Course \$250.00

*Includes: Instructor Textbook*

Total course cost **due to Penn State:** \$250.00

ARC online course fee due online \$35.00

*Payable to American Red Cross upon completion of prerequisites*

### You must attend all classes!

Bring a snack and drink

#### Information:

Craig Merkey

*Associate Director of Recreation & Aquatics*

717-948-6664 • cam86@psu.edu

or

Amy Hickoff

*Aquatics Administrative Support Assistant*

717-948-6740 • aih2@psu.edu

[harrisburg.psu.edu/aquatics](http://harrisburg.psu.edu/aquatics)

## REFUNDS AND PARKING

Refunds will only be issued if class is cancelled due to insufficient enrollment.

A fee of \$1/day or \$40/year is charged for parking on campus. Yearly permits may be purchased at the Parking Permit Office. For information, call 717-948-6006.

Penn State is an equal opportunity, affirmative action employer, and is committed to providing employment opportunities to minorities, women, veterans, individuals with disabilities, and other protected groups. Nondiscrimination: <http://guru.psu.edu/policies/AD85.html> U.Ed. HBO 17-12

## IMPORTANT INFORMATION

### Prerequisites:

To participate in the Lifeguarding Instructor course, individuals must be at least 17 years of age on or before the final scheduled lesson of this course. Proof of age will be required (Birth Certificate). Individuals must also successfully demonstrate the ability to perform the following swimming skills listed below. The Skills Screening is mandated by the Red Cross and is designed to determine if instructor candidates have the prerequisite knowledge and skills to take the instructor course. Possess a current American Red Cross certificate for Lifeguarding/First Aid/CPR/AED or equivalent certification from another organization. Successfully complete the online session.

### Skills Screening:

- 300 yards continuously demonstrating breath control and rhythmic breathing. Swim using the front crawl, breaststroke, or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
- Tread water for two minutes using only the legs. Hands should be placed under the armpits.
- Complete a timed event within one minute, 40 seconds.
  - Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
  - Surface dive, feet-first or head-first, to a depth of seven to 10 feet to retrieve a 10-pound object.
  - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface to be able to breathe. Candidates should not swim the distance under water.
  - Exit the water without using a ladder or steps.
- A submerged victim rescue.
- A demonstration of how to care for a head, neck or spinal injury in deep water.

### Certification & Completion Requirements:

- Successfully complete the precourse session.
- Successfully complete the online session.
- Attend and successfully participate in all course lessons.
- Successfully complete the required number of practice-teaching assignments.
- Score at least 80 percent on the 3 final instructor course written exam.

## LGI TRAINING REGISTRATION JANUARY 2018

Participant's Name \_\_\_\_\_ Male \_\_\_Female

Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Parent's Name \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone \_\_\_\_\_

Alternate Phone \_\_\_\_\_

E-mail Address \_\_\_\_\_

Lifeguarding Instructor Course \$250.00

### IMPORTANT INFORMATION (Medical or other)

Enclosed is a check for \$250.00, made payable to **Pennsylvania State University.**

### Send payment and registration to:

Penn State Aquatics Center  
777 West Harrisburg Pike  
Middletown, PA 17057

**To confirm registration, please call 717-948-6740.**

*Please copy this form for additional registrations.*

**EMERGENCY MEDICAL TREATMENT FORM will be e-mailed to you and must be completed and returned prior to class.**