

## 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.

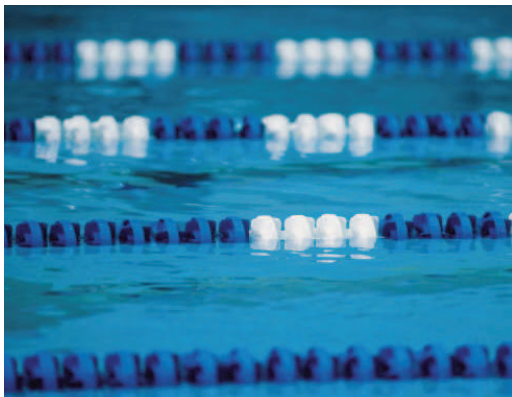
Therefore, it being the intent of the Applicant to hold Pennsylvania State University, its trustees, officers, agents and employees harmless, Applicant hereby releases, waives and forever discharges the same from any and all liability for injury suffered by Applicant related to the use of the Capital 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.



## WSI TRAINING DATES

### September Course:

Thursday, May 18, 2017\*

5:30 p.m.-9:30 p.m.

Friday, May 19, 2017

5:30 p.m.-9:30 p.m.

Saturday, May 20, 2017

9:00 a.m.-6:00 p.m.

Sunday, May 21, 2017

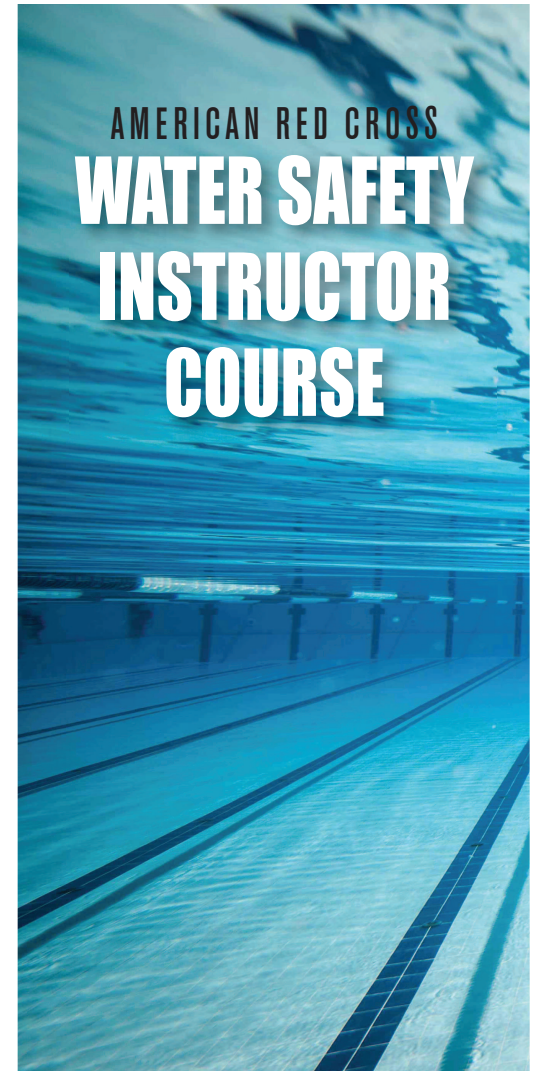
10:00 a.m.-4:00 p.m.

Sunday, May 21, 2017\*\*

5:00-8:00 p.m.

\*Swim test is a prerequisite.

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



## AMERICAN RED CROSS WATER SAFETY INSTRUCTOR COURSE

MAY 2017



**PennState**  
Harrisburg

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

## AMERICAN RED CROSS WSI TRAINING

The purpose of the American Red Cross Water Safety Instructor course is to train instructor candidates to teach courses and presentations in the American Red Cross Swimming and Water Safety Program by developing their understanding of how to use the course materials, conduct training sessions and evaluate participants' progress.

Minimum Age: 16  
WSI Course \$250.00  
*Includes: Textbooks*  
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  
*Assistant Director of 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)

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 17-11

## IMPORTANT INFORMATION

### Prerequisites:

To participate in the Water Safety Instructor course, individuals must be at least 16 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.

### Skills Screening:

- Swim the following strokes consistent with the Stroke Performance Charts, Level 4 (see Appendix B).
  - Front crawl—25 yards
  - Back crawl—25 yards
  - Breaststroke—25 yards
  - Elementary backstroke—25 yards
  - Sidestroke—25 yards
  - Butterfly—15 yards
- Maintain position on back for 1 minute in deep water (floating or sculling).
- Tread water for 1 minute.

### Certification & Completion Requirements:

- Successfully complete the precourse session.
- Successfully complete the online orientation to the Swimming and Water Safety Program, which includes an orientation to the American Red Cross.
- Attend and successfully participate in all course lessons.
- Successfully complete the required number of practice-teaching assignments.
- Score at least 80 percent (correctly answer 40 of 50 questions) on the final instructor course written exam.

## 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.

## WSI TRAINING REGISTRATION MAY 2017

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 \_\_\_\_\_

Water Safety 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.