

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.

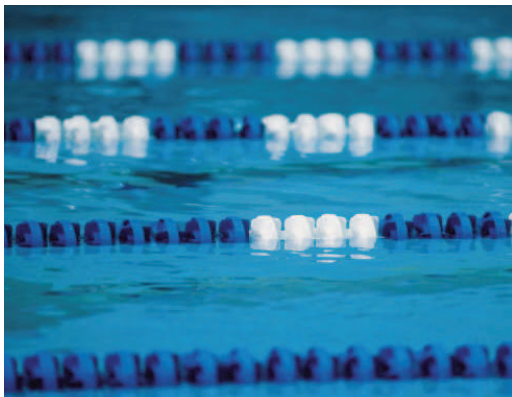
Therefore, it being the intent of the applicant to hold the Pennsylvania State University, its trustees, officers, agents and employees harmless, applicant hereby releases, waives and forever discharges the same from any and all liability for injury suffered by applicant related to the use of the Capital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



LIFEGUARD TRAINING SESSIONS

Session 1

Course dates:

- Sunday, January 22, 2017*
3:00-4:30 p.m.
- Sunday, January 29, 2017
11:00-4:00 p.m.
- Sunday, February 5, 2017
12:00-4:00 p.m.
- Sunday, February 12, 2017
12:00-4:00 p.m.
- Sunday, February 19, 2017**
5:00-8:00 p.m.
- Sunday, February 26, 2017
12:00-4:00 p.m.

Session 2

Course dates:

- Sunday, March 12, 2017*
3:00-4:30 p.m.
- Sunday, March 19, 2017
11:00-4:00 p.m.
- Sunday, March 26, 2017
12:00-4:00 p.m.
- Sunday, April 2, 2017
12:00-4:00 p.m.
- Sunday, April 9, 2017**
5:00-8:00 p.m.
- Sunday, April 23, 2017
12:00-4:00 p.m.

*Swim test is a prerequisite.

**Location of class - Elizabethtown College, Thompson Pool. Directions will be provided.

RED CROSS

LIFEGUARDING COURSE

BLENDED LEARNING

Session 1 - January 2017
Session 2 - March 2017



PennState
Harrisburg

Capital Union Building
717-948-6740 • 717-948-6664
harrisburg.psu.edu/aquatics

AMERICAN RED CROSS LIFEGUARD TRAINING

The American Red Cross introduces the new blended learning offering of the lifeguarding program which combines online knowledge acquisitions and in-person water, first aid and CPR/AED skills training. Building on the same knowledge and skills as our traditional in-person only training, the course trains lifeguards to act with speed and confidence in emergency situations both in and out of the water.

The course will be blended learning, meaning candidates will be responsible for completing seven (7) hours of the course at home on their own time.

Minimum Age:	15 years
Pre-req Swim	\$25.00*
ARC online course Fee	\$35.00
<i>Payable to American Red Cross upon completion of prerequisites</i>	
Lifeguard Course	\$190.00
<i>Includes: textbook, pocket mask, and bandage pack</i>	
Total course cost:	\$250.00

You must attend all classes!

Bring a snack and drink

*Non refundable, paid with registration.

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

This publication is available in alternative media on request. Penn State is committed to affirmative action, equal opportunity, and the diversity of its workforce. U.Ed. HBO 16-67

IMPORTANT INFORMATION

Prerequisite swim test:

- 300 yards continuously demonstrating breath control and rhythmic breathing. Swim using the front crawl, breast-stroke, 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.

Registered participants must be at least 15 years old before the last scheduled day of class.

The registration form accompanied by \$25 payment must be received in advance of prerequisite testing.

Written and water tests are included in this course, and students must pass with 80 percent or better on each test to obtain certification.

A candidate who successfully completes this course will hold two-year certifications for lifeguarding/first aid and CPR/AED for lifeguarding.

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.

LIFEGUARD TRAINING REGISTRATION BLENDED LEARNING

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 _____

CHOOSE ONE:

- Session 1 Lifeguard Training - January
- Session 2 Lifeguard Training - March

IMPORTANT INFORMATION (Medical or other)

Enclosed is a check for \$ 25.00, made payable to **Pennsylvania State University** for prerequisite swim, balance due upon successful completion of prerequisite swim.

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.