

## 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.

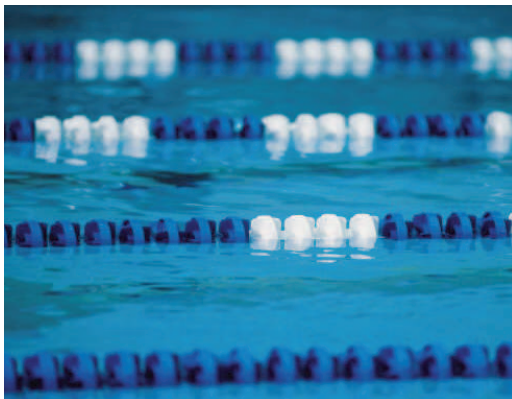
Therefore, it being the intent of the applicant to hold the Pennsylvania State University, its trustees, officers, agents and employees harmless, applicant hereby releases, waives and forever discharges the same from any and all liability for injury suffered by applicant related to the use of the Capital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



Penn State Harrisburg  
Aquatics, Capital Union Building  
777 West Harrisburg Pike  
Middletown, PA 17057

## LIFEGUARD TRAINING SESSIONS

### Course dates:

**Prerequisite swim test: January 16.**

Monday, January 16, 2017\*  
6:30-8:00 p.m.

Wednesday, January 18, 2017  
7:30-10:00 p.m.

Monday, January 23, 2017  
7:30-10:00 p.m.

Wednesday, January 25, 2017  
7:30-10:00 p.m.

Sunday, January 29, 2017\*\*  
5:00-8:00 p.m.

Monday, January 30, 2017  
7:30-10:00 p.m.

\*Swim test is a prerequisite.

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

## RED CROSS LIFEGUARDING REVIEW COURSE

Blended Learning



January 2017



**PennState**  
Harrisburg

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

## AMERICAN RED CROSS LIFEGUARD REVIEW COURSE

The American Red Cross introduces a blended learning offering of the lifeguard review 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 a blended learning experience, meaning candidates will be responsible for completing seven (7) hours of the course at home on their own time.**

Pre-req Swim	\$25.00*
ARC online course Fee	\$35.00
<i>Payable to American Red Cross upon completion of prerequisites</i>	
Lifeguard Course	\$85.00
<i>Must have pocket mask or purchase one for \$15.00.</i>	
Total course cost:	\$145.00

**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](http://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 17-05

## IMPORTANT INFORMATION

**Prerequisite swim test: January 16.**

- 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 currently certified in American Red Cross lifeguarding, first aid, and CPR/AED for the professional rescuer.**

The registration form accompanied by a \$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 REVIEW 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:

Lifeguard Review January 2017

### 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.