



American Red Cross Lifeguard Training

LAST NAME:		FIRST NAME:			
PREFERRED NAME:		DATE OF BIRTH:		AGE:	
PARENT'S NAME:		EMAIL ADDRESS:			
HOME MAILING ADDRESS:					
HOME PHONE:		ALTERNATE PHONE:			

Waterfront Lifeguard Training

Course Description: The Waterfront Lifeguarding course prepares lifeguards to work at non-surf, open water environments such as lakes, rivers, and water parks, as well as traditional pools. Upon successful completion of the course you are certified by the American Red Cross (ARC) as trained in Waterfront lifeguarding skills. On the first day of the course, you must pass the water skills test shown below in order to continue in the course. You will be certified in Waterfront Lifeguarding/First Aid (3 years) and CPR/AED Professional Rescuer (1 year) if you attend all course sessions, participate fully, and pass all physical tests and evaluations with a grade of at least 80%.

Registration Instructions: Space is limited and registration will be on a first come first served basis so register early. Course fee is \$415, checks made out to Empire Swimming. Registration ends Monday, December 22. A registration form and waiver for each participant should be sent via email to swimschool@empireswimming.com, or via mail to: Empire Aquatics, 45 Montross Street, White Plains, NY 10603.

Prerequisites: (Prerequisite water testing takes place on the first day of classes.)

- Swim 500 yards continuously using these strokes in the following order: 200 yards front crawl using rhythmic breathing and a stabilizing propellant kick; (rhythmic breathing may be performed either by breathing to the side or to the front.); 100 yards breaststroke; last 200 yards may be a mixture of front crawl with rhythmic breathing or breaststroke.
- Swim 20 yards by front crawl or breaststroke. Dive to a depth of 7 to 10 feet and recover a 10 pound object. Return the object to the surface and swim 20 yards back to the starting point. When returning to the starting point, the candidate must hold the 10 pound object with both hands and keep his or her face above the water.
- Age at least 15 years old by the last day of classes.

The course length is 38 hours at The Hackley School Pool in Tarrytown:

- Monday, Tuesday, Wednesday, Dec 28-30, 10:30 am to 4:30 pm
- Thursday, December 31, 10:30 am to 2:30pm
- Saturday, January 2, 10:00 am to 6:00 pm
- Sunday, January 3, 10:00 am to 6:00 pm



EMPIRE AQUATICS, INC.
 45 MONTROSS STREET
 WHITE PLAINS, NY 10603
www.empireswimming.com

EMPIRE AQUATICS, INC.
"EMPIRE SWIMMING"

LIABILITY RELEASE AND INDEMNIFICATION FORM

I, the undersigned participant and parent, request voluntary participation for minor to participate in all events, which are hereinafter referred to as the "activities," sponsored by **Empire Aquatics, Inc. ("Empire Swimming")** The American Red Cross, USA Swimming and its local swimming committees.

I consent to my/minor's participation in the activities and acknowledge that the minor and I fully understand my/minor's participation may involve risk of serious injury or death, including losses which may result not only from my/minor's own actions, inactions or negligence, but also from the actions, inactions, or negligence of others, the condition of the facilities, equipment, or areas where the event or activity is being conducted, and/or the rules of play of this type of event or activity. I understand that if I have any risk concerns, I should discuss the risks associated with my participation with the activity coordinators and event staff, before I sign this document and before any activities begins.

Release – Minor's Rights:

In consideration of allowing Minor Participant to participate in the activities, I hereby release and hold harmless **Empire Aquatics Swim Team ("Empire Swimming")**, The Hackley School, The American Red Cross, and their members of its board of directors, officers, employees, volunteers, other participants, and agents (collectively, the "Released Parties"), of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that Minor Participant may have or sustain with respect to any and all damage and/or injury, of any type, arising out of his or her participating in the activities. I also agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

(Print name of minor)

(Signature of minor)

(Date)

Release – Parents'/Guardians' Rights:

In consideration of allowing Minor Participant to participate in this event, I hereby release and hold harmless the Released Parties, of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that I may have or sustain with respect to any and all damage and/or injury, of any type, arising from Minor Participant's participation in the activities. I also agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

I certify that my/minor is in good health and have no physical condition that would prevent participation in this activity. Furthermore, I agree to use my/minor's personal medical insurance as a primary medical coverage payment if accident or injury occurs. I consent to emergency medical treatment in the event such care is required.

(Print name of Parent/Guardian)

(Signature of parent)

(Date)

Indemnification by Parent/Guardian:

The undersigned parent/guardian further agrees to indemnify, save and hold harmless the Released Parties from any and all claims, demands, losses, damages and liabilities for indemnities, contribution or otherwise with respect to any damage and/or injury, of any type, arising from Minor Participant's participation in the activities. The undersigned also agrees that this Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement extends to all acts of negligence by the Releasee and is intended to be as broad and inclusive as is permitted by the laws of the State in which the Event(s) is/are conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

(Print name of Parent/Guardian)

(Signature of parent)

(Date)



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