



Nevada City and Grass Valley
Parks & Recreation Departments
jointly offer



American Red Cross Lifeguard Training

Lifeguard Training

When: Monday - Saturday; April 5 - 10, 2010
 Time: 8:30am - 5:00pm each day
 Where: Memorial Park in Grass Valley
 (meet at the Club House; 415 Central Ave.)
 Fee: \$175 per person; includes books and equipment
 Code: LGT10

Lifeguard Re-certification Training

When: Friday - Monday; February 12-15, 2010
 Time: 8:30am - 5:00pm each day
 Where: Memorial Park in Grass Valley
 (meet at the Annex; 415 Central Ave.)
 Fee: \$60 per person
 Code: REC10

CPR/AED for the Professional Rescuer & Oxygen Training

When: Saturday, March 13, 2010
 Time: 9:00am - 5:00pm
 Where: Nevada City Vet's Building
 415 N. Pine St.
 Fee: \$25 per person
 Code: CPR10

When: Saturday, May 8, 2010
 Time: 9:00am - 5:00pm
 Where: Seaman's Lodge
 425 Nimrod St., Nevada City
 Fee: \$25 per person
 Code: CPR10

Please review all class details on the reverse side of this flyer. There are **pre-requisites** and special **requirements** for each class.

To **register** complete the registration form, return with payment & documents to:
 Nevada City Parks & Recreation
 317 Broad St., Nevada City, CA 95959

Questions? Call 530-265-2496 x129 or check our website www.nevadacityca.gov



Lifeguard Training

The Lifeguard Training class is designed for new lifeguards or for a person who's lifeguard certification has expired by 365 days or more. There are 3 components to the Lifeguard Training, therefore each participant who successfully completes all 3 components will receive 3 certifications. Those certifications are:

1. Lifeguarding/First Aid (valid for 3 years)
2. CPR/AED for Lifeguards (valid for 1 year)
3. Title 22 - First Aid for Public Safety Personnel (valid for 3 years)

Pre-requisite Requirements:

1. Must be at least 15 years old. **Proof of age, must be provided with registration** (original birth certificate, driver's license, etc).
2. Water Skills Test. The test will take place the first day of class. To pass the water skills test, participants must do the following:
 - A. 300 yard swim (100 yards free-style, 100 breast stroke, 100 yards free-style or breast stroke)
 - B. Brick test (Swim 25 yards, dive for a 10 pound brick, swim with the brick out of the water using both hands, exit the pool) This must be completed in under 1 minute 30 seconds.

Participants should **bring** a swimsuit, towel, lunch and snacks with them each day.



Lifeguard Re-certification

Lifeguard Re-certification is for the person who has already completed the full lifeguard training class and their certifications have expired. To qualify for the re-certification class, the **participant must show proof of certification at the time of registration.**

The expiration date on all three cards cannot be prior to February 12, 2009.

Participants in the re-certification class must pass the water skills test. The test will take place the first day of class. To pass the water skills test, participants must complete the following:

- A. 300 yard swim (100 yards free-style, 100 breast stroke, 100 yards of free-style or breast stroke)
- B. Brick test (Swim 25 yards, dive for a 10 pound brick, swim with the brick out of the water using both hands, exit the pool) This must be completed in under 1 minute 30 seconds.

Participants should **bring** a swimsuit, towel, lunch, snacks, their Lifeguard Manual and pocket mask with them each day. If you do not have your book or a pocket mask, visit the Red Cross website to purchase this.



CPR/AED for the Professional Rescuer & Oxygen Training

This class is for lifeguards who's Lifeguarding/First Aid and Title 22 cards are still current and they only need to take the CPR/AED and Oxygen class.

Participants should **bring** lunch, snacks, their Lifeguard Manuals and Pocket masks with them to class. If you do not have your book or a pocket mask, visit the Red Cross website to purchase this.

NEVADA CITY PROGRAM REGISTRATION



Participant **LAST** Name: _____

Participant **FIRST** Name: _____ Age: _____ Sex: M F

Parent/Guardian Name: _____

Phone: home # _____ cell # _____ Other # _____

Address: _____

City: _____ Zip: _____

Email: _____

Emergency Contact: _____ phone #: _____

Course Code #	Fee	O F	Cash/ Check #	Total Amt. Paid	Date	Staff Initials
		F				
		I				
		C				
		E				

In consideration for being permitted by the Cities of Nevada City and Grass Valley to participate in the above activity, I hereby waive, release, and discharge any and all claims for damages for personal injury, death, or property damage which may have, or which may hereafter accrue to me as a result of participation in said activity. This release is intended to discharge in advance the Cities of Nevada City and Grass Valley (their officers, employees, and agents) from any and all liability arising out of or connected in any way with my participation in said activity, though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that this activity involves an element of risk and danger of accidents, including colliding with other swimmers, tripping or falling on the pool deck, exposure to contaminated water and knowingly and freely assume all such risks, both known and unknown. It is further agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I agree to indemnify and to hold the above persons or entities free and harmless from any loss, liability, damage, cost, or expense which they may incur as a result of my death or any injury or property damage that I may sustain while participating in said activity.

PARENTAL CONSENT: I hereby consent that my son/daughter, named above, participate in the above activity, and I hereby execute the above Agreement, Waiver and Release on his/her behalf. I state that said minor is physically able to participate in said activity. I hereby agree to indemnify and hold the persons and entities mentioned above free and harmless from any loss, liability, damage, cost, or expense which they may incur as a result of the death or any injury or property damage that said minor may sustain while participating in said activity. I agree that in the event that said minor requires medical treatment while under the supervision of Nevada City and Grass Valley personnel in connection with described activity, such supervisor may authorize treatment.

I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER & RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE CITIES OF NEVADA CITY AND GRASS VALLEY, AND I SIGN IT ON MY OWN FREE WILL.

IN ADDITION: I understand that there are no refunds on registration fees, unless the class is cancelled. I give the Cities of Nevada City and Grass Valley permission to use photos taken of me and/or my child in future publications.

Signature of participant OR parent/guardian of participant under the age of 18

Date