

Lifeguard Training Classes



Nevada City Parks & Recreation offers American Red Cross Lifeguard Certification Classes. Upon successful completion, participants will receive a "Lifeguarding with CPR/AED for Professional Rescuers and First Aid" certification that is valid for 2 years.

Blended Learning Lifeguard Class

This class is for new lifeguards or someone who's certification is more than 30 days expired. Class includes an online component and in-person skills session.

Dates: April 15, 16, 29 & 30 (Code: LGT123)
OR
June 3, 4, 10 & 11 (Code: LGT223)

Times: 9:00a-4:00p each day

Location: Nevada City Swimming Pool
423 Nimrod St. Nevada City 95959

Fees: Fees are paid in 2 steps. A non-refundable fee will hold your place in class.
\$25 + registration fee (6.433%) = \$26.61
The balance of \$170 is due the first day of class (cash or check accepted).

Re-certification Class

This class is for current lifeguards who certification is about to expire or is not more than 30 days past their expiration date. There is no online component.

Dates: April 1 & 2 (Code: LGT323)
OR
May 13 & 21 (Code: LGT423)

Times: 9:00a-4:00p each day

Location: Nevada City Swimming Pool
423 Nimrod St. Nevada City 95959

Fees: Fees are paid in 2 steps. A non-refundable fee will hold your place in class.
\$25 + registration fee (6.433%) = \$26.61
The balance of \$75 is due the first day of class (cash or check accepted).

Requirements

To pass the Lifeguard Class and receive the 2-year certification, participants must:

- Be at least 15 years old by the last day of class.
- Complete the online component prior to the first day of class (for Blended Learning Classes).
- Be present during all class times. No make-up sessions will be available.
- Successfully pass the Water Test on the first day of class. (Details on page 2.)
- Successfully perform all skills as learned during the class.
- Successfully complete the written tests. (Tests are multiple choice.)

How to Register

1. Go to <https://www.nevadacityca.gov/pview.aspx?id=20735&catid=564>
2. Click the "Register Now" button.
3. Choose the class code (as shown above) and follow prompts to complete the registration form.
4. Bring the payment balance on the first day of class.

OR

Complete the attached registration form and turn in at City Hall with the \$26.61 non-refundable fee.

Registration deadline is 2 weeks prior to each class start date.

Water Test

To pass the water test on the first day of class (for new guards and re-certification classes) participants must be able to successfully complete the following.

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs. Candidates must place their hands under the armpits.
3. Complete a timed event within 1 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 to a depth of 8 ft, to retrieve a 10-pound brick. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the brick and keeping the face at or near the surface or able to get a breath. (Candidates cannot swim the distance underwater.) Exit the water without using a ladder or steps.



Questions?

Call 530-265-2496 x129 or 530-265-8223 (May-August)

Refunds

There are no refunds on program fees unless the class is cancelled by City staff. Once a participant has passed the water skills test, there are no refunds, even if you do not pass the class.

Working at the Nevada City Swimming Pool

If you are interested in being a lifeguard at the Nevada City Swimming Pool, visit the city's website: www.nevadacityca.gov to find the job description and application.

American Red Cross Information

For more information about being a Red Cross Lifeguard and other aquatic certifications, visit the Red Cross website at: <http://www.redcross.org/take-a-class/lifeguarding>

PROGRAM REGISTRATION



Participant FULL Name: _____

Birthdate: _____ Gender: M F

Participant Email: _____

Participant #'s Home: _____ Cell: _____

Address, City Zip: _____

Parent/Guardian Name: _____

Parent Email: _____

Phone: Home # _____ Cell # _____

Course Code #	Fee	Amt. Paid	Date	Staff Initials

_____(initials) **PROGRAM WAIVER:** In consideration for being permitted by the City of Nevada City 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 City of Nevada City (theirs 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.

_____(initials) **COVID WAIVER:** The City of Nevada City is following CDC and Nevada County Health Department guidelines to reduce the spread of COVID-19; however, the City cannot guarantee that you will not become infected with COVID-19. You and/or your child's participation in City hosted events could increase my risk of contracting COVID-19 and I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that myself and others in my party may be exposed to or infected by COVID-19 and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I also agree that me and others in my party will follow Nevada County Health Department guidelines while participating in City hosted activities.

_____(initials) **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 City of Nevada City personnel in connection with described activity, such supervisor may authorize treatment.

_____(initials) **IN ADDITION:** I understand that there are no refunds once I pass the water test for the certification class. I give the City of Nevada City permission to use photos taken of me and/or my child in future publications.

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 CITY OF NEVADA CITY, AND I SIGN IT ON MY OWN FREE WILL.

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

Date