



True Blue Watersports  
5959 Common Street  
Lake Charles, LA  
www.truebluwatersports.com  
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2019 Lifeguard Course Dates:  
Revision April 11, 2019

True Blue Watersports' motto is Safety, Comfort, and Fun. Our staff works with all ages groups to reinforce safety skills around water through our swimming program all the way to certifying individuals 15 years or older in the American Red Cross Lifeguard Course. You'll feel comfortable with our professional staff members trained in swimming and lifeguard practices. Once you "Add Water" the FUN can begin.....

Basic Steps to taking the American Red Cross Life Guarding Course at True Blue Watersports:

1. Turn in registration form and payment.
2. Complete the on-line course from the email link sent from Cher Walker.
3. Complete prerequisite swim
4. Take hands-on course

Details:

1. Must be 15 years old and provide proof.
2. Complete lifeguard course application and pay \$239 (Check or Cash) Includes a "Lifeguard Hip Pack, CPR face mask, and whistle," to be received during class.
3. Re-certification courses will be \$189 (Must provide copy of current lifeguard certification and includes "Lifeguard Hip Pack, CPR face mask, and whistle.")
4. All new students and recertification students will be issued an on-line link to take the American Red Cross On-line Blended Lifeguard Course.
5. Complete the American Red Cross On-line Blended Lifeguard Course and print out the certificate to provide proof of completion. Must be completed by first day of class. Approximately 7-hour on-line course.
6. **New students and recertification students must complete the swim prerequisites before any class sessions. Prerequisites are:**
  - a. 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. (9 laps in the True Blue Pool)
  - a. Tread water for 2 minutes, using only the legs. Candidates should place their hands under their armpits.
  - b. Complete a timed event within 1 minute and 40 seconds starting in the water, swim 20 yards. Surface dive, feet-first or head- first, to a depth of 7 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 breathe (or to get a breath). Exit the water without using a ladder or steps. Swim goggles are not allowed.
7. Attend one of the courses listed below. Approximately 14 hours.
8. Next steps: You will be certificated as an American Red Cross Lifeguard and can lifeguarding for two years!

Students **MUST** complete the Prerequisite Swim **BEFORE** actual course start date.

Pick one of the following prerequisite swims:

Saturday, April 13 8:00 am  
Friday, April 19 8:00 am (Good Friday)  
Wednesday, April 24 8:00 am

New to lifeguarding? First time to take the ARC Lifeguard Course?

We offer several course options to work with your various schedules.

Courses dates cannot be interchanged.

Course #1:	Monday, April 22	9 am – 3 pm
	Tuesday, April 23	7 am – 3 pm
Course #2	Saturday, May 4	10 am – 5pm
	Sunday, May 5	10 am – 5pm
Course #3	Saturday, May 18	10 am – 5pm
	Sunday, May 19	10 am – 5pm

Already an American Red Cross Lifeguard and only need to be recertified?

Must provide current American Red Cross Lifeguard Certificate to qualify.

Course #1:  
Saturday, May 11 10 am – 5 pm

Course #2  
Join any of the “first time” courses.

OPTIONAL: Need to practice your swimming and picking up the 10 lb. brick off the bottom of the pool?

For \$50 you can participate in a lifeguard swimming prep course.

Objectives:

- Improve overall free style or breaststroke technique to pass the 9 laps in our pool
- Tips and tricks on picking up a ten- pound brick off the bottom of the pool and swimming with it.
- Practice basic rescue buoy holds.

Saturday, April 13 7:30 am – 9:00 am  
Friday, April 19 8:30 am – 10:00 am

## Lifeguard Course Application

Name \_\_\_\_\_ Age: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

PRINT EMAIL ADDRESS: \_\_\_\_\_

(We will email you the American Red Cross direct link to Lifeguarding

In case of an emergency provide TWO Contact names and numbers:

1. \_\_\_\_\_

2. \_\_\_\_\_

Office use:

\_\_\_ 1<sup>st</sup> time course

\_\_\_ Recertification

\_\_\_ Prep Course wanted

\_\_\_ Amount Paid

Date of birth: \_\_\_\_\_

Swim test date: \_\_\_\_\_

Prep date: \_\_\_\_\_

Course date: \_\_\_\_\_

Is there anything regarding your health which we need to know as a safety measure? Allergies? Fear of water? Special Accommodations? Under physician's care? Please Explain:

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### Waiver and Release of Liability

In consideration of being allowed to participate in any way in the True Blue Watersports, LLC. Dive Center Pool, and all related events and activities, the undersigned:

I do hereby certify that all information on the registration form is correct. I agree and indemnify and hold True Blue Watersports, LLC and its employees, swim instructors, and/or volunteers harmless from liability, loss, cost or expense (Including attorney fees, medical, and ambulance costs) that may occur to those listed on this membership while participating in swim lessons, water camp, parties, and/or programs at True Blue Watersports or during transportation to said facility.

This registration verifies that my and my family's health and fitness is acceptable to participate in True Blue Watersports lifeguard course, swim programs, pool parties, and/or activities. I understand True Blue Watersports requests all participants to consult their physician before becoming physically active and/or before a fitness appraisal. I further understand True Blue Watersports does not provide insurance coverage for accidents or injuries that occur as a result of participation in or use of its facilities, for your child or any guest you/your child may invite.

All persons participating in True Blue Watersports sponsored workshops, activities, pool parties, programs, and/or on or using True Blue Watersports owned properties/facilities agree to conduct themselves according to True Blue Watersports standards for behavior.

I further state that I have carefully read the foregoing Application, Waiver, and Release, and understand the contents there of and have signed it as my own free act.

By signing below, I agree that I have read the above statements and rules, and understand that I give up substantial rights.

\_\_\_\_\_  
Signature of Participant or Parent

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Date