



# PLEASANTON TEXAS

"BIRTHPLACE OF THE COWBOY"



## Pleasanton City Pool Lifeguard Registration Form (please print name as you would like on certificate)

Student Name: \_\_\_\_\_ Phone: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Student email (required to receive certification): \_\_\_\_\_

Class dates you wish to participate in:  May 3<sup>rd</sup> - 5<sup>th</sup>, 2019  May 10<sup>th</sup> - 12<sup>th</sup>, 2019

Please indicate which applies:  Lifeguard/CPR/First Aid Certification (\$200)  
 Recertification of Lifeguard/CPR/ First Aid (\$150)  
*(must provide a copy of current Lifeguard Certification)*

Class times for both classes will be Friday: 4:30 p.m.-9:30 p.m.; Saturday and Sunday: 9:00 a.m.-6:00 p.m.

**\*\*\*If student is under the age of 18 yrs. old please fill information below\*\*\***

Parent/Guardian Name: \_\_\_\_\_ Parent/Guardian phone: \_\_\_\_\_

Signature of Student: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(If student is under 18 yrs. old)

Signature of parent/guardian and student on the Pleasanton City Pool Lifeguard Registration form indicates permission to participate in the Lifeguard Certification/Recertification Course. I release the City of Pleasanton and its staff members from all claims of any injuries which may be sustained by participants while partaking in any City of Pleasanton activities. If medical attention is required, I give permission for such medical care.

\*\*\*\*\*

### Course Administration

#### Prerequisites\*

1. Be at least 15 years of age before the completion of the course.
2. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. **Swim goggles may be used.**
  - First 100 yards will be front-crawl (free-style)
  - Second 100 yards will be breast stroke
  - Last 100 yards will be swimmers choice (front crawl, breast stroke, or combination of both).
3. Tread water for 2 minutes using only the legs. Candidates will place their hands under the armpits.
4. Complete a timed event within 1 minute, 40 seconds. **Swim goggles are not allowed.**

*\*Incompletion of ALL prerequisites will result in a \$50 administration fee deducted from original payment.*

#### Course Completion requirements

1. 100% attendance & participation in all classroom and pool sessions is mandatory.
2. Demonstrate competency in all required skill.
3. Demonstrate competency in the final skill scenarios.
4. Correctly answer 80% of the questions in the two sections of the final written exam.