

# CERTIFICATION CLASS REGISTRATION

**Member \$75 CPR / \$300 Lifeguard**     **Non-Member \$90 CPR / \$375 Lifeguard**

All students must pay the full course fee, in order to reserve their space in class. Class fees are due no later than the Registration deadline: Wednesday prior to the first class. Late registrations will incur a \$10 late-fee. All payments can be made at the Synergy Petaluma Member Services Desk. All cancellations must be made 3 days in advance to qualify for refund.

## Student Information

Class Date:

Name:	Date:
Primary Phone:	Secondary Phone:
Email:	Date of Birth:
Home Address:	
City, State, Zip:	

## Emergency Contact

Name:	Phone:	Relationship:
-------	--------	---------------

## Certification Requirements (All courses)

- Attend all class sessions.
- Participate in all course activities.
- Demonstrate competency in all required skills.
- Successfully complete the Assessment Scenarios.
- *Lifeguard Candidates and Active Wellness employees will also need to:*
  - Successfully pass the written exam with 80% or higher

## Lifeguard Course prerequisites:

- Be at least 15 years old before the final scheduled course session.
- Swim 300 yards, continuously demonstrating breath control and rhythmic breathing. Candidates may swim using front crawl, breaststroke, or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
- Tread water for 2 minutes, using only the legs. Candidates should place their hands under their armpits.
- Complete a timed event within 1 minute, 40 seconds.
  - Starting in the water, swim 20 yards. Swim goggles are not allowed.
  - Surface dive, feet-first or head-first, to a depth of 7-10 feet to retrieve a 10-lb 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 so they are able to get a breath.
  - Exit the water without using the ladder or steps.

## Certificate Issued & Validity Period

- CPR/AED/First Aid certifications are valid for 2 years from the date of course completion.
- Bloodborne Pathogens Training is valid for one year from the date of course completion.
- Lifeguarding/First Aid/CPR/AED certification is valid for 2 years from the date of course completion.