



**Orange County Sportsplex**  
919-644-0339 • oc-sportsplex.com  
101 Meadowlands Dr, Hillsborough, NC 27278

# **American Red Cross Lifeguard Certification 2022 Spring/Summer Registration Form**

*For questions, please contact Briley Penner at [bpenner@oc-sportsplex.com](mailto:bpenner@oc-sportsplex.com) or 919-644-0339 ext. 229*

Participants that successfully complete the course will earn the following certification:

- American Red Cross Lifeguard/First Aid/CPR/AED (valid for 2 years)

## **COURSE REQUIREMENTS:**

No refunds will be provided to participants who register and are unable to meet any of the requirements:

- Must be 15 years old by the last day of the class
- Must complete all online learning through the Red Cross Learning Center by the first in-person session
- Must attend all in-person sessions
- Must complete written lifeguard exam with a score of 80% or higher
- Must complete the following prerequisite swim test...
  - 300 yard nonstop swim (must be done swimming freestyle, breaststroke, or a combination)
  - Tread water for 2 minutes (legs only)
  - Complete the following timed event in 1 minute, 40 seconds
    - Starting in the water, swim 20 yards
    - Surface dive (feet-first or head-first) to the bottom of the pool to retrieve a 10lb. Object
    - Without pushing off the bottom, return to the surface and swim 20 yards on your back, keeping your face at or above the surface
    - Exit the water without using a ladder or steps

## **ONLINE LEARNING REQUIREMENTS:**

This class will be a Blended Learning course. Blended learning combines online learning with in-person skill sessions. The online learning portion of this course takes an average of 7 hours to complete and must be completed before the first in-person session of the course. Participants who fail to do so will not be allowed to participate in the in-person skills sessions and will not receive their certification.

Once your registration has been received and processed, you will receive an email from the American Red Cross with instructions to access and complete the online learning. The email will be sent to the participant's email address. Contact Briley Penner with questions or if you have difficulty accessing the online learning.

Participants must provide proof they completed online learning using one of the following methods:

- Download a copy of the course completion certificate and email it to Briley Penner
- Print or take a screenshot of the course completion certificate and bring it with you
- Login to the course on your mobile device to show your instructor the course completion status

A Lifeguard Renewal/Crossover can be integrated into any Full Course. Must have current certification from American Red Cross or another recognized certifying agency.

**PARTICIPANT INFORMATION:**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Name of Parent/Guardian (18 & Under) or Emergency Contact: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

**COURSE COST:**

Full Course = \$375 (includes certification, CPR mask, and whistle)

Renewal/Crossover = \$175 (includes certification; must bring equipment to class)

**COURSE DATES & TIMES:**

*Payment must be made at the front desk at the time of registration. Payment is not a guarantee of certification and is only used to save your spot in the class. No refunds can be provided after registration.*

Please select your certification type:       Full Course (\$375)       Renewal/Crossover (\$175)

Please select your desired class:

**Full Course: April 1<sup>st</sup> – April 3<sup>rd</sup>**

Instructor: Briley Penner

Class Times:

- April 1<sup>st</sup>, 4:30pm - 8:30pm
- April 2<sup>nd</sup>, 9:00am - 5:00pm
- April 3<sup>rd</sup>, 9:00am - 5:00pm (if needed)

**Full Course: May 13<sup>th</sup> – 15<sup>th</sup>**

Instructor: Briley Penner

Class Times:

- May 13<sup>th</sup>, 4:30pm - 8:30pm
- May 14<sup>th</sup>, 9:00am - 5:00pm
- May 15<sup>th</sup>, 9:00am - 5:00pm (if needed)

**Full Course: July 8<sup>th</sup> – 10<sup>th</sup>**

Instructor: Anna Varnell

Class Times:

- May 20<sup>th</sup>, 4:30pm - 8:30pm
- May 21<sup>st</sup>, 9:00am - 5:00pm
- May 22<sup>nd</sup>, 9:00am - 5:00pm (if needed)

**Full Course: April 22<sup>nd</sup> – April 24<sup>th</sup>**

Instructor: Briley Penner/Anna Varnell

Class Times:

- April 22<sup>nd</sup>, 4:30pm - 8:30pm
- April 23<sup>rd</sup>, 9:00am - 5:00pm
- April 24<sup>th</sup>, 9:00am - 5:00pm (if needed)

**Full Course: May 20<sup>th</sup> – 22<sup>nd</sup>**

Instructor: Anna Varnell

Class Times:

- May 20<sup>th</sup>, 4:30pm - 8:30pm
- May 21<sup>st</sup>, 9:00am - 5:00pm
- May 22<sup>nd</sup>, 9:00am - 5:00pm (if needed)

**Waiver:** As a participant or guardian/parent of a participant, I knowingly and freely assume all risks, both known and unknown, and whether or not such risks are foreseeable, in connection with participation in the Program. Even if such risks arise from the negligence of the participant, releases, as defined below, or others. Participant assumes the risk of injury or death and takes full responsibility for participation in the Program. I consider myself and/or my dependents adequately trained and with sufficient knowledge to participate in the activities offered by Recreation Factory Partners, LLC: dba Orange County Sportsplex (hereinafter referred to as "The Sportsplex"). I hereby, on my own behalf and on the behalf of my dependents, release, discharge and hold harmless The Sportsplex, its employees and agents, for any and all injuries or losses sustained while participating in any of the activities or programs offered by The Sportsplex. I further agree that The Sportsplex shall not be responsible for any theft or loss of property while on the premises, including the parking lot. I further understand that The Sportsplex has the right to set the times and days that the facility and its activities will be available for member and public usage. The Sportsplex discourages any parent or guardian from dropping off children under the age of 13 without supervision of an adult over the age of 18, and does not assume responsibility of them.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_