



Orange County Sportsplex
919.644.0339 | oc-sportsplex.com
101 Meadowlands Dr,
Hillsborough, NC 27278

LIFEGUARD CERTIFICATION COURSES

SPRING 2024 COURSES

For questions, please contact Anna Varnell (Aquatics Manager) at avarnell@oc-sportsplex.com or 919-644-0339 ext. 229

COURSE OFFERINGS

LIFEGUARD CERTIFICATION COURSE AMERICAN RED CROSS – VALID 2 YEARS

Course Prerequisites:

- Must be 15yrs old by last day of class
- Must be able to successfully complete pre-requisite swim test
- Must complete all online learning requirements
- Must attend all in-person sessions and pass all written exams and in-water skills tests

Course Fees:

- Full Course = \$375 (includes CPR mask & whistle)
- Renewal/Crossover = \$175 (must bring equipment)

**Renewal/Crossover participants can be integrated into any full class. Must have a current certification from another recognized certifying agency.*

LIFEGUARD INSTRUCTOR CERTIFICATION COURSE AMERICAN RED CROSS – VALID 2 YEARS

Course Prerequisites:

- Must be at least 17yrs old by last day of class
- Must possess a current basic-level certification in Lifeguarding/First Aid/CPR/AED
- Complete all online learning requirements
- Must attend all in-person sessions and pass all written exams and in-water skills tests

Course Fees:

- Full Course = \$550
- Renewal/Crossover = \$400

**Renewal/Crossover participants can be integrated into any full class. Must have a current certification from another recognized certifying agency.*

PREREQUISITE SWIM TEST:

All lifeguard certification participants must be able to pass 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:

All courses are Blended Learning courses. 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. Contact Mark Franz with questions or if you have difficulty accessing the online learning.

LIFEGUARD CETIFICATION COURSE DATES & TIMES:

Payment must be made 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: March 22nd – 24th**
 - March 22nd, 4:30pm - 9:00pm
 - March 23rd & 24th, 9:00am – 5:00pm

- Full Course: April 26th – 28th**
 - April 26th, 4:30pm - 9:00pm
 - April 27th & 28th, 9:00am – 5:00pm

LIFEGUARD INSTRUCTOR CETIFICATION COURSE DATE & TIMES:

Payment must be made 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 (\$550) ___ Renewal/Crossover (\$400)

Please select your desired class:

- Full Course: April 12th – 14th**
 - April 12th, 12pm - 6pm
 - April 13th & 14th, 8am – 4pm

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: _____

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: _____