

SUNY Delhi[®]

Lifeguard Training Class @SUNY Delhi Registration Form

Class Dates and Time: April 18, 2022 – May 12, 2022, Mondays, Tuesdays & Thursdays

6 PM – 9 PM. No classes on Tuesday, April 19, 2022.

Cost:

\$270 per person - \$45.00 non-refundable deposit is required with registration form, balance is due at first class. If SUNY Delhi cancels the course for any reason a full refund will be issued. **Make checks payable to SUNY Delhi, credit card payments may be made by calling 607-746-4263**, payment must be made by check or cash on the first day of the class. **You must preregister**. Questions call 607-746-4263 or email pool@delhi.edu.

Free for the first two youths from each town, if they register with the **Youth Bureau** at **607-832-5310**

Prerequisites:

- This form must be completed before you will be allowed to enter the water for your pre-test
- Minimum age of 15
- Swim 550 yard continuously: 200 front crawl, 200 Breaststroke & 150 either
- Starting in the shallow water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10lb object, return to surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps within 1 minute 40 seconds
- Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4-7 feet of water, resurface and swim 5 yards to the side of the pool
- Tread water for 2 minutes - legs only
- Class size limited - NOTE: CLASS MINIMUM OF SIX.



Submit form and payment to:

SUNY Delhi Aquatics Center, 209 Kunsela Hall, 454 Delhi Drive, Delhi, NY 13753

Name: _____

Address: _____

Home Phone Number _____ /Cell Phone _____

Email Address: _____

Programs subject to Covid guidelines.

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1. 4/18 Monday Pre-test 6:00 PM-8:00 PM
2. 4/21 Thursday Professional Lifeguard & Facility Safety
6:00 PM- 9:00 PM (1)
3. 4/25 Monday Facility Safety, Patron Surveillance & Injury Prevention
6:00 PM- 9:00 PM (2)
4. 4/26 Tuesday Injury Prevention & Rescue Skills Part 1 6:00 PM- 9:00 PM (3)
5. 4/28 Thursday Before Providing Care, Victim Assessment & Breathing
6:00 PM- 9:00 PM (5)
6. 5/2 Monday Cardiac Emergencies & Using an Automated External
Defibrillator 6:00 PM- 9:00 PM (6)
7. 5/3 Tuesday First Aid 6:00 PM- 9:00 PM (7)
8. 5/5 Thursday Rescue Skills, part 2
6:00 PM- 9:00 PM (4)
9. 5/9 Monday Head, Neck & Spinal Injuries in the Water 6:00 PM- 9:00 PM
10. 5/10 Tuesday Final Written Exam & Final Scenarios 6:00 PM- 9:00 PM
11. 5/12 Thursday Waterfront (5 PM to 9PM)



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