

# SUNY Delhi<sup>®</sup>

## Lifeguard Training Class @SUNY Delhi

### Registration Form

Class Dates and Time: Attendance at all sessions is mandatory

Starts Tuesday, May 30, 2023 – Monday, June 12, 2023 Mondays - Friday, 4:00 PM – 7:00 PM.

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](mailto:pool@delhi.edu).

**Students, that live in Delaware County can sign up for free, with the cost being covered by the Delaware Co Youth Bureau.**

Prerequisites:

- This form must be completed before you will be allowed to enter the water for your pre-test
- Minimum age of 15
- Swim 300 yard continuously: of Front Crawl and Breaststroke
- 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
- 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: \_\_\_\_\_

# SUNY Delhi<sup>®</sup>

## Lifeguard Training Class @SUNY Delhi

### Registration Form

1. 5/30 Tuesday Pre-test 4 pm -7 pm
2. 5/31 Wednesday Professional Lifeguard & Facility Safety
3. 6/1 Thursday Facility Safety, Patron Surveillance & Injury Prevention
4. 6/2 Friday Injury Prevention & Rescue Skills Part 1
5. 6/5 Monday Before Providing Care, Victim Assessment & Breathing
6. 6/6 Tuesday Cardiac Emergencies & Using an Automated External Defibrillator
7. 6/7 Wednesday First Aid
8. 6/8 Thursday Rescue Skills, part 2
9. 6/9 Friday Head, Neck & Spinal Injuries in the Water
10. 6/12 Monday Final Written Exam & Final Scenarios