

	<i>Instructor-Lead</i> IN-PERSON LIFEGUARD TRAINING Required Physical Skills <i>See Lifeguard-Pro Student Manual for Skill Descriptions</i>	<i>In Your Course Column, Check ONLY Skills Student Completed 3 Times Competently and Confidently While Under Direct Supervision of Instructor. Certification Requires All Skills Checked.</i>						<i>Both Student & Instructor Must Initial Every Skill Student Passed</i>		
		Lifeguard Shallow Pool	Lifeguard Swimming Pool	Lifeguard Deep Pool	Lifeguard Water Park	Lifeguard Waterfront	Lifeguard Youth Camp	Student Initials	Instructor Initials	Date Skill Completed
1	Swim Test									
2	Tread Water									
3	Brick Retrieval									
4	How to Throw a Life Ring									
5	How to Use a Shepard's Crook / Reaching Device									
6	How to Wear a Rescue Tube, Standing, Sitting or Walking									
7	How to Wear a Rescue Tube Under Swimmer While Swimming Front Crawl or Breast Stroke									
8	How to Wear a Rescue Tube Trailing Behind While Swimming Front Crawl or Breast Stroke									
9	Walking Approach in Water									
10	Swimming Approach (Swimmer Laying on Top of Rescue Tube)									
11	Entry: Slide-In Entry and Walking Approach									
12	Entry: Slide-In Entry and Swimming Approach									
13	Entry: Stride Jump and Swimming Approach (or Deep Water Dive)									
14	Entry: Compact Jump and Swimming or Walking Approach									
15	Feet-First Surface Dive									
16	Head-First Surface Dive	Not Required								
17	Escape: Front Head Hold Escape									
18	Escape: Rear Head Hold Escape									
19	In-Water Ventillation Breaths									
20	Head Splint: Face-Up Victim at or Near Surface in Water									
21	Head Splint: Face-Down at or Near Surface in Water									
22	Head Splint: Submerged Victim									
23	Spinal Backboarding Procedure in Shallow Water									
24	Spinal Injury Removal from Water on a Backboard									
25	Standing Victim on Land with Suspected Head or Spine Injury									
26	Manual Stabilization of Victim on Land Who is Not Standing and May be Suffering a Head or Spine Injury									
27	Assist: Reaching from Deck									
28	Assist: Simple Assist in Water									
29	Rescue: Active Victim - Front Rescue									
30	Rescue: Active Victim - Rear Rescue									
31	Rescue: Passive Victim (Rear) Rescue of Unconscious (Face-Down) Victim									
32	Rescue: Multiple Victim Rescue by One Rescuer									
33	Rescue: Submerged Passive Victim									
34	Surveillance: Review Surveillance Skills in Water									
35	Injury Prevention: Review Injury Prevention Skills in Water									
36	Victim Recognition: Review Victim Recognition Skills in Water									
37	Lifeguard Rotation: Review Lifeguard Rotation in Water									
38	Final In-Water Evaluation: Head or Spinal Injury									
39	Final In-Water Evaluation: Active Victim									
40	Final In-Water Evaluation: Submerged Passive Victim									
41	Timed Underwater Swim & Victim Retrieval	Not Required								
42	Beach Entry - Run & Swim									
43	Shallow Water - Walking Assist									
44	Shallow Water - Evacuation Drag									
45	Shallow Water - Evacuation Carry (2 Rescuers)									
46	Shallow Water (Beach) - Team Line Search	Not Required	Not Required	Not Required	Not Required					
47	Entry: Giant Stride (Mask & Fins)	Not Required	Not Required	Not Required	Not Required					
48	Feet-First Surface Dive Wearing Mask & Fins	Not Required	Not Required	Not Required	Not Required					
49	Head-First Surface Dive Wearing Mask & Fins	Not Required	Not Required	Not Required	Not Required					
	STUDENT NAME (Firstname, Middle Initial, Lastname):							DATE:		

Instructor-Lead IN-PERSON LIFEGUARD TRAINING Required Physical Skills <i>See Lifeguard-Pro Student Manual for Skill Descriptions</i>		In Your Course Column, Check ONLY Skills Student Completed 3 Times Competently and Confidently While Under Direct Supervision of Instructor. Certification Requires All Skills Checked.						Both Student & Instructor Must Initial Every Skill Student Passed		
		Lifeguard Shallow Pool	Lifeguard Swimming Pool	Lifeguard Deep Pool	Lifeguard Water Park	Lifeguard Waterfront	Lifeguard Youth Camp	Student Initials	Instructor Initials	Date Skill Completed
50	Deep Water Search Wearing Mask & Fins	Not Required	Not Required	Not Required	Not Required					
51	Approach: Using the Rescue Board	Not Required	Not Required	Not Required	Not Required					
52	Rescue: Active Victim Rescue Using Rescue Board	Not Required	Not Required	Not Required	Not Required					
53	Rescue: Passive Victim Rescue Using Rescue Board	Not Required	Not Required	Not Required	Not Required					
54	Rescue: Timed - Rescue & Extraction of Submerged Unconscious Victim									
55	CPR & AED: All Required Physical Skills									
56	First Aid: All Required Physical Skills									
Student Written Exams		In Your Course Column, Check ONLY Exams Student Successfully Completed						Student Initials	Instructor Initials	Date Exam Completed
57	CPR & AED Exam: Passed with Correct Score of 90%+									
58	First Aid Exam: Passed with Correct Score of 90%+									
59	Lifeguard Exams: Passed All Course Required Exams with Correct Score of 90%+									

PRINT LEGIBLY or CERTIFICATION PROCESSING MAY BE DELAYED

Instructor Must Complete this Section

Certification Requested (circle): SHALLOW POOL (max 5') | SWIMMING POOL (max 12') | DEEP POOL (max 20') | WATERFRONT | YOUTH CAMP | WATER PARK

Instructor Name: _____ **Instructor Certification #:** _____

Student Name: _____ **Course Location (City & State):** _____

Mail Certification Card to Student's Address: _____

Instructor & Student Must Complete this Section

AFFIDAVIT OF LIFEGUARD TRAINING COMPLETED: Both instructor and student hereby attest that they are both certain that the student is capable of properly and successfully performing any of the above physical skills in a real emergency; and, they are certain about the student's lifeguard knowledge and the student's ability to properly and effectively use that knowledge while the student is serving as a certified lifeguard. Both the instructor and student hereby attest that the student has: (1) read and studied all course required books; (2) viewed and studied all course required videos; (3) passed all required Lifeguard course exams with a correct score of 90% or higher; (4) passed all required CPR & AED course exams with a correct score of 90% or higher; (5) passed all required First Aid course exams with a correct score of 90% or higher; (6) completed every required physical skill competently and confidently at least three times under the direct supervision of the course instructor; (7) been offered, by the course instructor, additional instruction and time to continue practicing the above skills and reviewing the course academic content, and the student now declines this opportunity; and, (8) a clear understanding that the student not been trained to respond to all possible lifeguard emergencies, and student must not act or accept employment that is beyond the scope of student's training from this course. The student, the student's heirs, and legal designees agree to hold harmless Lifeguard-Pro, its owners, employees, agents, contractors, and instructors from any and all acts, errors, and omissions committed by the student while serving as a certified lifeguard. The student agrees that completion of this certification course does not guarantee employment with any employer. Employers may re-test prospective lifeguard employees to whatever standard the employer deems necessary for employment or require lifeguard employees to possess advanced training or certifications from only specific organizations or individuals. An employer's refusal to hire the student as a lifeguard or the student's failure to secure employment as a lifeguard will not entitle the student to any refund of the Lifeguard-Pro course tuition. Lifeguard-Pro does not guarantee certification acceptance in any jurisdiction or employment by any employer. Lifeguard-Pro certification does not indicate Lifeguard-Pro's endorsement of the cardholder (student). Rather, it only signifies that the cardholder (student) has successfully completed the Lifeguard-Pro certification course.

LIFEGUARD OATH OF RESPONSIBILITY: Throughout the entire duration of this lifeguard certification being requested, the student pledges to: (1) continuously improve, maintain and hone the student's knowledge and skill in Lifeguard, CPR, AED, and First Aid; (2) conduct himself/herself responsibly and professionally at all times while serving as a certified lifeguard; (3) learn, obey and enforce all applicable laws, regulations, and rules governing the safe operation of any aquatic facility where student will serve as a certified lifeguard; (4) immediately cease any employment and immediately obtain the appropriate lifeguard knowledge and training, if the student becomes aware that the student is not adequately prepared to properly respond to all foreseeable emergencies at student's workplace; (5) not commence serving as a certified lifeguard at a place of employment, until the student has participated in a thorough employer-lead lifeguard orientation, and a comprehensive employer conducted review of all lifeguard skills and knowledge, which shall include, but not be limited to, facility orientation, review of all lifeguard skills and knowledge, practice of emergency response procedures, practice with available emergency response equipment, and emergency response practice with fellow lifeguard staff; (6) participate in no less than 4.0 hours of on-site in-service lifeguard training per month at the student's place of employment where the student is serving as a certified lifeguard; and, (7) on a monthly basis, review, refresh and practice all skills and knowledge contained in this lifeguard certification course (including textbooks, exams, videos, notes, and physical skills). During the period that the student's lifeguard certification is valid, if Lifeguard-Pro receives credible information that the student has not conducted himself/herself in accordance with this Lifeguard-Pro Oath of Responsibility, Lifeguard-Pro may immediately suspend or terminate the student's lifeguard certification, without granting the certificate holder (student) the right to a refund or the right to appeal the suspension or revocation. **PHOTO & VIDEO RELEASE:** Lifeguard-Pro may photograph or video me at any time while participating in a Lifeguard-Pro certification course as an instructor or student. Lifeguard-Pro may freely use those photos and videos of me for Lifeguard-Pro training and promotional purposes, without any compensation due to me. **SIGNED & AGREED:**

Student Signature (Parent Signature Required, if Student Under 18 Years of Age): _____ Date: _____

Instructor Signature: _____ Date: _____

Student Must Complete this Section ONLY AFTER this Form is Signed by Your Instructor

Rate Your Instructor (Use 1-10 Scale, with 10 Being Best)

Professionalism: _____ Leadership: _____ Course Knowledge: _____ Preparation: _____ Punctuality: _____ Organization: _____ Efficient Use of Time: _____ Willingness to Help You: _____

Student Must Complete this Section - Upload this Completed & Signed Form to Your Lifeguard-Pro Profile

UPLOAD INSTRUCTIONS: Student must scan or photograph all pages of this form and upload it to your Lifeguard-Pro Profile. To digitally capture this image, the student may use a computer scanner, a digital camera or cellphone camera to photograph this form. Each image you upload must be in JPG or PDF format and less than 2.0 megabytes in size. **WARNING:** The only images of this form that will be accepted by Lifeguard-Pro are images that display all four corners of each page, and also clearly display all written content on each page. Examples of images that will be REJECTED: blurry, under exposed (dark), over exposed (white), crooked alignment, and images where 100% of this form's content cannot be CLEARLY read. **PHOTOGRAPHY TIPS:** Lay form page flat on table in room with ample lighting. Turn camera on. Turn camera flash on. Align image of one 8.5"x11" page in the camera viewfinder, so that the image is as large as possible, and all four corners of the image are displayed in the camera viewfinder. Hold the camera very still using both hands, and lightly press the camera shutter button being careful not to move or shake the camera. If your camera is not capable of capturing a high enough quality image, you may have another student capture the required images for you.

Incomplete Forms, Illegible Forms, and Poor Quality Images Will NOT be Accepted

LIFEGUARD FINAL EXAM

- 1 31
- 2 32
- 3 33
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- 30 60

Total Number of Exam Questions: **60**

Total Correct Answers (54 Required to Pass Course): _____

Student PASSED Exam: YES / NO

Instructor Signature: _____

Instructor Number: _____

Date: _____