



### Registration Form for Lifeguard Training, Lifeguard Instructor, CPR pro/1<sup>st</sup>Aid/AED, Coaches Safety Training.

What to Bring: Two towels, swimsuit (one piece), snack, & drink. Bring lunch or lunch money if applicable.

How to Register: Checks payable to COM Aquatics. Full Payment is required to register.

Mail Payment and form to: Att. Steffie Senter  
COM Aquatics  
3003 N 'A' street  
Midland, Texas 79705

Payment Methods: Checks, Cash, Visa, & Mastercard are accepted for all registrations.

For Questions or to email registration form: COMlifeguard@gmail.com 432-684-7755 ex 135

### All Class Information and Policies

- Please be certain that you want to take the class before you register. This class needs to be taking with the upmost respect and seriousness. You are being trained on accident prevention and emergency rescue.
- The American Red Cross Lifeguard Training, Lifeguard Instructor, CPR pro/1stAid/AED, & Coaches Safety Training courses require strenuous physical activity. Please be certain that you are capable of this type of activity before registering. If the candidate has asthma or any other condition that may be induced with physical activity be sure to let us know under the notes section of this registration form. Include any information on symptoms and medications and how to administer if needed.
- We do not routinely schedule make up classes. In all of our courses, all scheduled class sessions must be attended. If a class is missed, you must enroll in another course and take the entire course over again. A \$20 fee may be required to re-take or reschedule a course (dependent upon the situation). For Instructor courses the full course fee may be required. Any make ups are at the discretion of the lifeguard instructor trainer.
- Course dates and times are subject to change at any time.
- If withdrawal form is received seven calendar days before the first class date: a full refund will be issued.
- *If withdrawal form is not received seven calendar days before the first class date: a 50 % refund will be issued.*
- If you cannot complete the prerequisites for the course, you will be entitled to a 50% refund.
- We will take a 30-45 minute lunch break on all full day courses. Students have the option of bringing their lunch or leaving the facility for lunch. COM Aquatics has a refrigerator and microwave that is accessible to students if needed. Lunch will not be provided by COM Aquatics.
- All courses are first come first serve; others will be placed on a waiting list. Students on the waiting list will be called the week of class IF space becomes available.

### Courses offered:

**Lifeguard course:** ALL participants must pass a pre-requisite swimming test and be at least 15 years old on the first day of class to be eligible to take the Lifeguarding course. Prerequisite requirements include : Part 1 – the “300”: The swim is 300 yards non-stop freestyle (front crawl) & breaststroke. Part 2 – the “Brick”: Candidates must swim 20 yards to retrieve a 10 pound object from 7 feet of water and return to starting position within 100 seconds. Part 3 – “Treading Water”: Candidates must tread water for 2 minutes with their hands placed underneath their armpits keeping their heads clear of the water in a manner that allows for comfortable breathing. No swim goggles allowed. Students must score a minimum of 80% on both written tests (Lifeguard Training & CPR Pro/ AED/ First Aid), PLUS, perform all rescue skills and three final scenarios to the course standard to receive a passing grade in the Lifeguard Course. Participants must be on-time, and attend ALL class sessions. This course includes CPR pro/1stAid/ AED. Recertification courses are offered once per year please register in advance.

**Lifeguard Instructor Course** – Candidates must successfully meet the prerequisite requirements and have a good working knowledge of the Lifeguard program to take this course. Prerequisite requirements include -Be at least 17 years old, Hold current Red Cross certificates in Lifeguarding, First aid, and CPR/AED for the Professional Rescuer (must be shown in order to take course), Complete the Online Session (including the Pre-course Exam before the first class), Pass the swimming prerequisites: Part 1 – the “300”: The swim is 300 yards non-stop freestyle (front crawl) & breaststroke. Part 2 – the “Brick”: Candidates must swim 20 yards to retrieve a 10 pound object from 7 feet of water and return to starting position within 100 seconds. Part 3 – “Treading Water”: Candidates must tread water for 2 minutes with their hands placed underneath their armpits keeping their heads clear of the water in a manner that allows for comfortable breathing (No swim goggles allowed), and Pass four rescue skill scenarios that test lifeguarding and CPR. Candidates must score at least 80% on the Lifeguard instructor written exam and complete all practice teaching assignments. All skills must be demonstrated to the course standard to receive a passing grade in the Lifeguard Instructor Course. Participants must be on-time, and attend ALL class sessions.

**CPR pro/1stAid/AED-** Students must score a minimum of 80%. All skills must be demonstrated to the course standard to receive a passing grade in the CPR pro/1stAid/AED Course. Participants must be on-time, and attend ALL class sessions. No pre-requisite required.

**Coaches Safety Training** – Students must be at least 15 years old on the first day of class to be eligible to take the Coaches Safety Training. Complete the Online Session (including the Precourse Exam before the first class). All skills must be demonstrated to the course standard to receive a passing grade in the Coaches Safety Training Course. Participants must be on-time, and attend ALL class sessions. This class does not include CPR pro/1stAid/ AED. Pre-course must be completed in order to take the in class session please visit [redcross.org](http://redcross.org) and register for *Safety Training for Swim Coaches - Online Content Only*.



**Registration Form for Lifeguard Training, Lifeguard Instructor, CPR pro/1<sup>st</sup>Aid/AED, Coaches Safety Training.**

Please submit form with payment – completed form can be dropped off /mailed to COM Aquatics (att. Steffie) or emailed to COMlifeguard@gmail.com

**All parts are required to register. Please write legibly.**

Legal name (as it appears on your drivers license): \_\_\_\_\_

Birth date: \_\_\_\_\_ Age/ Gender: \_\_\_\_\_

Email: \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
Street number street name City state zip code

Phone number (please circle): Mobile Home Work \_\_\_\_\_

Course (please circle): Lifeguard Lifeguard instructor Coaches Safety Training CPR pro/1stAid/AED

Course Dates: \_\_\_\_\_

Course Fees:

	Lifeguard	Lifeguard instructor*	Coaches Safety Training* CPR pro/1stAid/AED
Public/ non COM or Odessa city pool staff	\$195	\$350	\$95
New COM / Odessa city pool staff	\$175	\$300	\$45
Current/Returning employee (3 months+)	\$50	\$150	\$25

*\* Lifeguard instructor and Coaches Safety Training course fee do NOT include fee to Red Cross for pre-course session.*

Amount paid: \_\_\_\_\_

Referred by: \_\_\_\_\_

Notes to instructor: \_\_\_\_\_

If this is for a Recertification course please include copies of prior certifications. Certifications must be current to be eligible for a recertification course. You must have proof of current certification to take a re-certification course.

**I have read and understand the above policies, including prerequisite requirements, registration requirements and requirements for passing the American Red Cross Lifeguard Course offered by COM Aquatics. I understand that certificates mailed withing 7-10 business days.**

Parent Signature (If candidate is minor): \_\_\_\_\_

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

PLEASE READ THE ABOVE POLICIES BEFORE SUBMITTING THIS FORM.  
THANK YOU FOR TAKING THIS COURSE WITH COM AQUATICS.