

LIFEGUARDING

Application due ASAP

Prerequisite swim date: _____

Please read carefully:

- **Mandatory Prerequisite:**

1. Swim 300 yards. continuously, using these strokes in the following order:
 - a. 100yds. of front crawl using rhythmic breathing and a stabilizing, propellant kick.
 - b. 100 yards. of breaststroke using a pull, breathe, kick and glide sequence.
 - c. 100 yards. of either the front crawl or breaststroke. The 100 yards. may be a combination of front crawl and breaststroke.
2. Starting in the water, swim 20 yards. using front crawl or Breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the 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.
3. Student must be 15 years of age at the time of certification.

Completion of the course DOES NOT guarantee Lifeguard Certification.

Name _____

Graduation Year: _____

Counselor: _____

Email address: _____ Phone: _____

On a scale of 1-10, 10 being the best swimmer and 1 being cannot swim, rate your swimming ability. 10 9 8 7 6 5 4 3 2 1

Swimming experience (years and/or team/club):

The signature below indicates the above student has completed and passed all prerequisites and can be admitted to take the Harrison High School Lifeguarding Course.

Katherine Gabrielli & Chip Bridges, Instructors

Date _____

