

MONMOUTH COUNCIL BSA

LIFEGUARD CERTIFICATION TRAINING

June 10th- 11th

12:00 pm to 7:00 pm (EACH DAY)

Quail Hill Scout Reservation
56 La Valley Drive, Manalapan



BSA Lifeguard training participants **MUST be strong swimmers

- LIMITED PARTICIPATION TO FIRST 12 PARTICIPANTS
- Cost is \$125 per participant
- Participants **MUST** be at least 15 years old
- Participants **MUST** supply a BSA Annual Health and Medical Record form signed by a doctor. **MUST** be approved for swimming activities
- Upon arrival, participants **MUST** be able to swim continuously for 550 yards, including at least 100 yards each of the following strokes in good form: front crawl, breaststroke, elementary backstroke, and sidestroke
- Participants **MUST** immediately following the above swim, tread water for 2 minutes.
- Upon arrival, participants **MUST** be able to: start in the water, swim 20 yards using a front crawl or breaststroke, surface dive 7 to 10 feet, retrieve a 10-pound object, surface, swim with the object 20 yards back to the starting point, and exit the water, all within 1 minute and 40 seconds
- Participants that are unable to successfully complete the above swimming prerequisites or their CPR or First Aid training will not be permitted to continue training and will be refunded their fees less a \$25 nonrefundable deposit.
- Training on will be at the pool on Quail Hill from 12:00 pm- 7:00pm (Bring bag lunch)
- Completed certification is good for 2 years
- Questions??? Call MCBSA at 732-536-2347 or email nathan.clark@Scouting.org

Please Complete and return with payment to Monmouth Council BSA, 705 Ginesi Drive, Morganville, NJ 07751.

BSA LIFEGUARD CERTIFICATION TRAINING

Name: _____ Age: _____
Unit #: _____ Town: _____ Email: _____
Address: _____
Home Phone: _____