

Thousand Pines Lifeguard Course 2010

Thousand Pines holds an annual Lifeguard Training Course, open to the public. The training and certification provided is American Red Cross curriculum, the universally recognized authority in emergency response and safety education. Thousand Pines is an American Red Cross Authorized Provider. Additionally Thousand Pines' Lifeguard Course is the ONLY Lifeguarding course offered on the mountain. Space is limited, so early registration is recommended. Registration begins January 1st, 2010. Call 909-338-2705, ask for Scott.

Dates: May 29th-June 4th, 2010

Times: 9:00am-5:00pm each day

Cost: \$60 non-refundable registration fee due at time of sign-up
\$75 materials cost due the first day of class

Total:\$135.00

Pre-Requisites:

- + Students must be at least 15-years-old and provide a Driver's License or birth certificate for verification
- + Good swimming ability (500-yard swim test of various strokes)
- + Must be able to tread water for 2 minutes (no hands)
- + 9-foot deep water retrieval

Class Size: Maximum of 20 people in the class

The \$135 Cost Includes:

- CPR Pocket Mask
- Lifeguard Training Manual
- Certification for Lifeguard Training, which includes:
 - a. First Aid
 - b. Emergency Rescue Skills
 - c. Caring for Head, Neck, & Back Injuries
 - d. Plus much more!
- CPR for the Professional Rescuer, which includes:
 - a. CPR for Adults, Infants, and Children
 - b. Preventing Disease Transmission
 - c. Automated External Defibrillation (AED)
 - d. Plus much more!
- Use of our pool facilities for training (Thousand Pines provides rescue tubes and lifeguard stations)
- Lunch is provided daily

What to Bring:

- Towels
- Swimsuit (women, please wear athletic bathing suits)
- Change of Clothes, some sessions indoors
- Goggles are optional, but recommended
- Fins or other aids are not allowed
- Good Attitude and Willingness Learn!