



Lincoln Southwest High School

Andrew Sherman Physical Education Teacher
American Red Cross Lifeguard Instructor
7001 South 14th Street Lincoln, Nebraska 68512
(402) 436-1306 ext. 66412 Fax (402) 436-1087
E-mail: asherma@lps.org

Dear Lifeguard Training Participants and Parents,

Welcome to an exciting and rewarding course. Lifeguard Training Participants will learn many important life saving skills including; Water Rescues, First Aid, CPR, AED, and Immobilization of Head, Neck, and Back Injuries.

During this course students must be able to; swim 300 yards continuously (Front Crawl & Breast Stroke), tread water for 2 minutes using only their legs (hands under armpits), and retrieve a 10 pound brick from a depth of 8-10 feet and then swim it 20 yards across the pool. Students will also need to demonstrate mastery of many skills and score a minimum grade of 80% on two written certification tests (First Aid/CPR/AED for the Professional Rescuer & Lifeguarding Skills). Upon successful completion of these skills and tests students will receive American Red Cross Lifeguard Certification.

All participants in Lifeguard Training class are held to a high standard. Students are expected to be **professional**. Characteristics of a professional include knowledgeable, reliable, mature, courteous, consistent, positive, healthy, fit, and willing to learn new skills. At the conclusion of this class, I encourage participants who have proven to be professional, to list me as a reference on their applications for employment.

The American Red Cross charges a \$35 administrative fee per student. Because of budget constraints, the Southwest PE department cannot afford to pay this fee for each student. This \$35 fee is the responsibility of the student, there is also an optional \$8 fee for a new breathing barrier. All students will need a breathing barrier during class. If you choose not to purchase one, a used barrier will be provided.

Please send cash or check by the end of the first week of class (*Other arrangements may be made with Mr. Sherman*). If you have any questions/concerns please feel free to contact me.

Sincerely

Mr. Andrew Sherman

Please Sign & Return This Paper Along With the Course Fee of \$35 or \$43.

(Make checks payable to Andrew Sherman)

I understand the certification requirements and the class expectations including the course fee.

Participants Signature: _____

Parents/Guardian Signature: _____