

West Chester University
of Pennsylvania

**GOLDEN RAMS/
AMERICAN RED CROSS**

*Lifeguard Training Courses
(Spring & Summer 2008)*



Lifeguard Training

- I. April 11-14
- II. April 18-21
- III. May 2-5
- IV. May 16-19
- V. June 6-9

Re-certification Courses

- I. March 24 (CPR)
- II. March 25 (Lifeguard/First Aid)
- III. April 21 (CPR)
- IV. April 22 (Lifeguard/First Aid)
- V. May 19 (CPR)
- VI. May 20 (Lifeguard/First Aid)
- VII. June 9 (CPR)
- VIII. June 10 (Lifeguard/First Aid)



INSTRUCTORS

Doug Nowak *dnowak@wcupa.edu*
Henrik Weible *hweible@wcupa.edu*
(610-436-2127)

Doug Nowak graduated from West Chester University in May of 2005 with a bachelor's degree in Health and Physical Education. During his time at WCU, he was a four-year letterwinner for the school's men's swimming team, serving as team captain during his senior year. He also served as an assistant coach during the 2004-05 season. Nowak is an instructor-trainer for WCU's successful swim lesson program. He is certified by the American Red Cross for instruction in Lifeguard Training, CPR and First Aid.

Henrik Weible enters his second year as an assistant swimming coach for the West Chester University men's swimming team. Weible graduated from Drury University in May 2006 where he was a national champion. In addition to his coaching duties at West Chester, he currently serves WCU as the lifeguard supervisor for the university's three pools and 30-person lifeguard staff.

FACILITIES

The Lifeguard Training Course will be conducted at the Graham Natatorium located adjacent to John A. Farrell Stadium on WCU's South Campus.

Registration forms are also available at:

www.wcupagoldenrams.com

WCU reserves the right to use photographs of the lifeguard training program in future promotional material.

**WEST CHESTER UNIVERSITY
Red Cross Lifeguard Training Courses**

Name _____
Address _____
City _____ State _____
Zip _____ Birthdate _____ Age _____
Home Phone _____
Cell/Business Phone _____
E-mail Address _____
Parent/Guardian Name _____

Please make checks payable to: Golden Rams Aquatics

Lifeguard Certification

<i>(X) Mark Session</i>	<i>Tuition</i>
____ I. April 11-14	\$240
____ II. April 18-21	\$240
____ III. May 2-5	\$240
____ IV. May 16-19	\$240
____ V. June 6-9	\$240

*Re-certification (6 p.m.)

<i>(X) Mark Session</i>	<i>(Circle Price) Full</i>	<i>Aquatics Staff Member</i>
____ I. March 24 (CPR)	\$75	\$55
____ II. March 25 (LG/First Aid)	\$75	\$55
____ III. April 21 (CPR)	\$75	\$55
____ IV. April 22 (LG/First Aid)	\$75	\$55
____ V. May 19 (CPR)	\$75	\$55
____ VI. May 20 (LG/First Aid)	\$75	\$55
____ VII. June 9 (CPR)	\$75	\$55
____ VIII. June 10 (LG/First Aid)	\$75	\$55

WCU Athletic Department Use Only

Check # _____ Check Date _____
Amount Paid: _____
____ Copy of current certification card if registering for re-certification

Waiver Form

I wish to participate in the West Chester University (WCU) Summer Camp Program, including (*list activities*) _____.

I am informed that the activities are conducted by individuals who may be University employees or by individuals who volunteer their services to the program. I recognize that risk of accident and/or injury are possible consequences of participation in any activity, and that no amount of reasonable instruction and supervision will prevent every and all type of injury. I also realize and understand that severe injuries are possible. I appreciate the character of the risks involved and I voluntarily assume all risk of injury. I have carefully considered how the possible consequences of injury may impact my life, and choose to accept this risk and to participate in the designated activities.

In accepting this risk, I expressly and explicitly release, discharge and waive any and all responsibility of WCU, the Pennsylvania State System of Higher Education, the Commonwealth of Pennsylvania, and the employees, officials or agents of any and all of the foregoing, pertaining or related to, or arising from, in any manner, injuries to my person as a result of participation in this activity.

Parent/Guardian _____

Signature _____

Date _____

Medical Information

Please list any pertinent medical information of which our staff should have knowledge:

Authorization to consent to medical treatment for a minor child

I, _____ (parent/guardian name), state that I am the natural parent and/or have legal custody of (child's name) _____.

I authorize _____ (head coach/camp director) to consent to any examination, anesthetic, x-ray, medical or surgical diagnosis or treatment, and/or hospital care to be rendered to this minor under the general conditions of special supervision and on the advice of any physician or surgeon licensed to practice when efforts to contact me are unsuccessful. This consent form is granted for the period of _____.

Parent/Guardian Name _____

Signature _____

WEST CHESTER UNIVERSITY RED CROSS LIFEGUARD TRAINING PROGRAMS 2008

TUITION

The tuition cost for any course includes liability insurance, instruction, and other course amenities. The total amount is due with registration. Please attach check or money order made payable to: **Golden Ram Aquatics**

FULL COURSE

Lifeguard Training \$240

(Includes CPR for the Professional Rescuer)

RE-CERTIFICATION COURSE

CPR Only \$75

Lifeguard/FA Only \$75

(WCU Aquatic Staff Discount Price)

CPR Only \$55

Lifeguard/FA Only \$55

REFUND POLICY

Full refunds will only be issued after the receipt of a written cancellation notice two weeks prior to the start of a course. Otherwise, tuition cost includes a \$75 (full course) or \$25 (re-certification) non-refundable processing fee. No refunds will be issued on the first day of a course or afterwards.

*** There will be NO REFUNDS for failure to satisfy course pre-requisites. ***

REGISTRATION

Please mail registration form and payment to:

Golden Rams Aquatics
Attention: Shelley Gabries
West Chester University Department of Athletics
Room 220 Sturzebecker
West Chester, PA 19383-4500

All forms and payments are due at least two weeks prior to the requested class. Please clearly indicate email address to receive confirmation on your registration in a course. Only email confirmations will be distributed. No phone calls will be made. If your chosen course is full, you will be notified immediately and given an opportunity to register for another course, or receive a full refund.

FULL COURSE: Lifeguard Training

This course consists of American Red Cross Lifeguard Training, CPR for the Professional Rescuer, and Community First Aid (All 3 updated 2006). Course fees include certification cards for all of the above as well as the required textbook and an American Red Cross approved resuscitation mask. **All lifeguard training courses will run Friday (5-10 p.m.), Saturday (9 a.m. - 6 p.m.), Sunday (9 a.m. - 6 p.m.) and Monday (5-10 p.m.)**

PREREQUISITE:

Students must be age 15 by the last day of the course. They must be able to complete a continuous 300-yard swim (including front crawl with rhythmic breathing and breaststroke). Additionally, they must be able to retrieve a 10-pound brick in 8 feet of water and return it 20 yards to starting point with both hands on brick.

Please also see "Refund Policy"

RECERTIFICATION:

Re-certification courses will be held two evenings at a time. The first evening will be dedicated to CPR for the Professional Rescuer. The second to Lifeguard Training and Community First Aid. Students may register for one or both classes. Please note recertification for Lifeguard Training and Community First Aid requires current American Red Cross CPR for the Professional Rescuer certification.

All recertifications will reinforce skills acquired in original course as well as spend detailed time on 2006 updated material. To be eligible for a recertification course, **student must present valid certification card in requested course.**

Students must possess an American Red Cross approved resuscitation mask. Masks will be available at site of course for a fee of \$20. Students **must** notify instructor at least one week prior to course to reserve a mask. **The course begins at 6 p.m.**

For more information: 610-436-2127

DIRECTIONS TO WCU

From Philadelphia & Delaware County:

Take Rte. 3 West to Rte. 202 South. Follow 202 and exit at High St. Follow High St. to the second traffic light and make a left onto Rosedale Ave. Follow Rosedale to first light and make left onto New St. Follow New St. to Graham Natatorium on South Campus.

From Delaware & South:

Take Rte. 202 North to Rte. 926 West. Turn left onto 926 and go approximately one mile to New St. (first road). Make a right and follow New St. North to the Graham Natatorium.

From Exton, Downingtown & Coatesville:

Take Rte. 30 East to Rte. 100 South to Rte. 202 South. Follow 202 to the High St. exit. Follow High St. to the second light and make left onto Rosedale Ave. Follow Rosedale to first light and make left onto New St. Follow New St. to Graham Natatorium.

From Southern Chester County:

Take Rte. 1 to Rte. 52 North toward West Chester. Make right onto Tigie Rd., which is located just past Birmingham Rd. Follow Tigie to New St. Turn left onto New St. and follow North to Graham Natatorium.

Directions To Graham Natatorium

Graham Natatorium is located at the back of the Sturzebecker Health Sciences Center next to the football stadium.

Two stories of glass mark the pool lobby/sign-up area.