



CPR + AED + First Aid + Lifeguard Training + Water Safety
www.StreamlineHealth.com (949) 713 - 7711

COURSE NAME:

American Red Cross **LIFEGUARD RECERTIFICATION** Includes: Lifeguard Training, Standard First Aid and CPR/AED for Professional Rescuer (valid 2 years) *Version 2012*

COURSE LOCATION & DRIVING DIRECTIONS:

Cathedral Catholic High School - Meet at the entrance to Gym - Claver Center
5555 Del Mar Heights Road, San Diego, CA 92130

CCHS Contact: Dawn Lee (858) 523-4000 x1324

Driving Directions visit: www.StreamlineHealth.com/contact.html

5 Freeway, EAST on Del Mar Heights Road
School will be on the right hand side - about 2 miles

COURSE REGISTRATION:

Option #1 Mail-in Registration

Step 1 - Complete the COURSE PARTICIPANT WAIVER (*page 2*)

Step 2 - Mail COURSE PARTICIPANT WAIVER with COURSE FEE to:

Streamline Health Services, PO BOX 5366, Newport Beach, CA 92662

Option #2 Online Registration

Step 1 - Complete the COURSE PARTICIPANT WAIVER (*page 2*)

Step 2 - FAX COURSE PARTICIPANT WAIVER to (949) 209 - 1839

Step 3 - Pay COURSE FEE Online at www.StreamlineHealth.com

COURSE FEE:

\$125.00 - Includes Lifeguard Recertification Course, without CPR Mask

\$140.00 - Includes Lifeguard Recertification Course, CPR Mask

\$180.00 - Includes Lifeguard Recertification Course, CPR Mask, Lifeguard Manual -
Purchasing a Lifeguard manual is Optional. Participants will be provided a manual during class. The manual can be download for free from:
www.streamlinehealth.com/course_manuels.html

CPR Mask is Required for the Professional Rescuer. Purchasing a Lifeguard Manual is Optional. Participants may purchase a CPR mask from Streamline Health Services for \$15.00, a Lifeguard Manual for \$40.00, and a Streamline Health Services' T-Shirt for \$10.00. Participants will receive their CPR Mask, Lifeguard Manual, and T-Shirt (if purchased) on the first day of class.

Course Fee Payable: Streamline Health Services

Course fee payment options: cash, check, money order or online credit card payment. Streamline Health Services must receive the completed COURSE PARTICIPANT WAIVER (*page 2*) and COURSE FEE, in order to guarantee a spot in any class. Registered Participants will receive class confirmation, by telephone, once COURSE PARTICIPANT WAIVER and COURSE FEE have been received.

WHAT TO BRING TO CLASS:

Bathing suit - One-Piece Swim Suits for females, a towel, pen or pencil, lunch or lunch money. **Please bring a Self-Addressed, Stamped Envelope** for certification cards, which will be mailed within 15 business days of the last class date.

Requirements for Successful Completion: Participants must attend all scheduled class dates and times, demonstrate proficient land and water skills, and pass the written exam with a score of at least 80 percent.

COURSE DAYS & TIMES:

Saturday/Sunday: 7:45am to 6:00pm

2012 CLASS DATES

Choose ONE CLASS Below. You must attend ALL DATES and TIMES of the class you choose.

2012 Classes

Class #01: March 3 - 4

Class #02: April 21 - 22

Class #03: May 5 - 6

Class #04: June 23 - 24

Class #05: July 14 - 15

Class #06: August 1 - Sept 2

Class #07: November 10 - 11

REFUND POLICY:

There will be **NO REFUNDS** once the course fee has been submitted. **This Includes:** participants who do not successfully complete this course or course prerequisites, participants who do not attend all scheduled class dates and times, participants who do not pass course land and water skills with proficiency (*according to American Red Cross requirements*), or participants who do not pass the written exam with a score of at least 80 percent.

Class Transfer Fee is \$45.00. Participants must notify Streamline Health Services of a class transfer, **at least 72 hours prior to the first class date** (of the class currently registered). Participants must receive class transfer confirmation from Amy Alexander. Streamline Health Services reserves the right to CANCEL any class, due to low enrollment numbers. In the event of class cancellation, registered and paid participants will be notified, by telephone, 48 hours prior to the first class date.

PREREQUISITES:

Participants must be at least **15 Years Old**, able to **Swim 300 Yards** (12 lengths of a 25 yard pool) without stopping, using the front crawl and breaststroke, **Tread Water for 2-Minutes with No Hands** and able to **Retrieve a 10-Lb Weight from 7 Feet, then Swim 20 Yards with the Weight**, using legs only.

Current American Red Cross Certifications: Lifeguard Training, Standard First Aid, CPR/AED for the Professional Rescue.



Please COMPLETE & MAIL, with COURE FEES to:

Streamline Health Services, PO Box 5366, Newport Beach, CA 92662 OR FAX to: (949) 209 - 1839

Name of Participant (please print): _____ Age: _____ DOB: _____

Participant FULL Address: _____

Telephone: Home: (____) _____ Cell: (____) _____ Email Address: _____

Class Name: Lifeguard Recertification-CCHS Preferred Class Date: _____ T-Shirt Size (if purchased \$10.00): _____

Medical Condition(s) / Medication(s): _____

Doctor Contact Name / Telephone: _____

IN CONSIDERATION of being permitted to participate in any way in the: Lifeguard Training course, WSI course, Lifeguard Instructor course, and/or Other Water Safety / CPR / First Aid activity: Lifeguard Recertification ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

- 1. ACKNOWLEDGE, agree, and represent that I understand the nature of the Activity and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. FULLY UNDERSTAND that: (a) CLASS PARTICIPATION, ESPECIALLY ACTIVITIES INVOLVING SKILL PRACTICE AND TESTING (ESPECIALLY IN-WATER PRACTICE AND TESTING), HAVE RISKS OF INJURY INCLUDING SERIOUS BODILY INJURY OR DEATH (Risks); (b) TRAVELING TO AND FROM CLASS at the start, end, or break of class, OR TRAVELING TO SEPARATE TRAINING SITES, if two or more training sites are utilized, may involve driving, ride sharing, or otherwise traversing public streets, THEREBY INCURRING ADDITIONAL RISK OF INJURY INCLUDING SERIOUS BODILY INJURY OR DEATH (Risks); (c) these Risks may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (d) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.
3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE Cathedral Catholic High School, Streamline Health Services, Amy Alexander, their instructors/coaches/leaders conducting the Activity as well as their agents, employees, third party contact instructors, guest speakers, or assistants; the certifying agency if course certificates are being issued; other course participants; and, if applicable, the owners and lessors of premises on which the Activity takes place (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, NEGLIGENT SECURITY, AND RECREATIONAL OPERATIONS AND ACTIVITIES; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releases, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

PRINTED NAME OF PARTICIPANT: _____ PHONE: _____

PARTICIPANT'S SIGNATURE (age 18 or older): _____ DATE: _____

EMERGENCY CONTACT NAME: _____ RELATIONSHIP: _____

EMERGENCY CONTACT PHONE NUMBERS: _____

MINOR'S RELEASE - ONLY IF PARTICIPANT IS UNDER THE AGE OF 18 YEARS

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF AFOREMENTIONED ACTIVITY AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE'S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, AND FURTHER AGREE THAT, DESPITE THIS RELEASE, IF I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

PRINTED NAME OF PARTICIPANT: _____ PHONE: _____

PRINTED NAME OF PARENT/GUARDIAN: _____ PHONE: _____

PARENT/GUARDIAN SIGNATURE (only if participant is under the age of 18): _____ DATE: _____

PARENT/GUARDIAN FULL ADDRESS: _____

EMERGENCY CONTACT NAME: _____ RELATIONSHIP: _____

EMERGENCY CONTACT PHONE NUMBERS: _____