



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 (valid 3 years) and CPR/AED for Professional Rescuer (valid 1 year)

### **COURSE LOCATION & DRIVING DIRECTIONS:**

**Los Caballeros Racquet and Sports Club - Meet in the Theater**  
17272 Newhope Street, Fountain Valley, CA 92708 Contact: (714) 546 - 8560  
405 Freeway, exit NORTH on Harbor, LEFT on Warner, LEFT on Newhope, LEFT on Postoffice into Los Caballeros. Park in the large parking lot, right past the parking garage.

### **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:**

\$85.00 - **LIFEGUARD RECERTIFICATION**  
\$100.00 - Includes CPR Mask  
\$110.00 - Includes CPR Mask, T-shirt

**CPR Mask is Required for the Professional Rescuer.** Participants may purchase a CPR mask from Streamline Health Services for \$15.00. A Streamline Health Services' T-Shirt may be purchased for \$10.00. Participants will receive textbooks, CPR Mask, 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 with a credit card. 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 10 business days of the last class date. **Lifeguard Training Manual.**

**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.

### **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.

### **COURSE DAYS & TIMES:**

#### **Class Days:**

SATURDAY and SUNDAY

#### **Class Times:**

Saturday/Sunday: 8:00am to 6:00pm

### **2009 CLASS DATES**

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

#### **2009 Classes**

Class #14: October 3 - 4  
Class #15: November 21 - 22  
Class #16: December 19 - 20

### **2010 CLASS DATES**

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

#### **2010 Classes**

Class #1: January 16 - 17  
Class #2: February 20 - 21  
Class #3: March 6 - 7  
Class #4: March 20 - 21  
Class #5: April 10 - 11  
Class #6: April 24 - 25  
Class #7: May 1 - 2  
Class #8: May 15 - 16  
Class #9: May 29 - 30  
Class #10: June 12 - 13  
Class #11: June 26 - 27  
Class #12: July 10 - 11  
Class #13: August 21 - 22  
Class #14: September 18 - 19  
Class #15: October 16 - 17  
Class #16: November 6 - 7  
Class #17: December 4 - 5

### **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, 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 Rescuer.



**COURSE PARTICIPANT WAIVER/RELEASE FORM ("AGREEMENT")**

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 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 Los Caballeros Racquet and Sports Club, 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: \_\_\_\_\_