

IOWA REGULAR BAPTIST CAMP

2010 Lifeguard Application

(Turn in with rest of application form)

Name _____ Age _____

***All Lifeguards must be willing to work a minimum of 4 weeks. This does not guarantee you will be given 4 weeks.**

Previous Red Cross Swim Training Completed

- | | |
|---|---|
| <input type="checkbox"/> Introduction to Water Skills | <input type="checkbox"/> Stroke Refinement |
| <input type="checkbox"/> Fundamental Aquatic Skills | <input type="checkbox"/> Swimming & Skill Proficiency |
| <input type="checkbox"/> Stroke Development | <input type="checkbox"/> Lifeguarding |
| <input type="checkbox"/> Other: _____ | |

Location and Dates of Last Training _____

Previous Red Cross First Aid Training Completed:

- Standard First Aid Community CPR
-

Course Pre-requisites

According to the Red Cross manual, you will be required to perform the following skills during our first session together:

For 12-14 year olds

- Must know the following basic swim strokes: front crawl, breaststroke, sidestroke, elementary backstroke, backstroke.
- For IRBC purposes, you will also be tested on the skills below (15 years and older). You do not have to pass, but must be able to give a good effort.

For 15 years old and older

- Swim 500 yards continuously using each of the following strokes: 200 yard front crawl, 100 yard breaststroke, 200 yards using either front crawl or breaststroke.
All strokes must use rhythmic breathing with your face in the water.
- Surface dive to a minimum depth of 9 feet and bring a 10 pound diving brick to the surface.

All lifeguards must purchase their own Red Cross Lifeguard Training Book, copyrighted 2007, (cost--\$35.00), unless you already own one. Upon completion of requirements, you will receive your Red Cross Certification and an IRBC Lifeguard shirt.

- Please order my 2007 Red Cross Training Book. I have enclosed \$35.00.**
Book must be paid for with application.
- I already own the 2007 Red Cross Training Book.**
You must bring it with you to staff training week.

All lifeguards must bring water shoes to training.

If you have any questions, please call 641-829-3824 or email camp@irbc.org