



## Lifeguard/CPRO Course Information

Keep pages 1 & 2 of this form. Complete pages 3 & 4 of this form and email it to [SCParks@sullivanny.gov](mailto:SCParks@sullivanny.gov) or fill it out at the Parks & Recreation Department in the Sullivan County Government Center (100 North Street, Monticello, NY 12701).

*Payments can be made by check, cash, or card at the Parks & Recreation Department.*

*Checks can be mailed to 100 North Street, Monticello, NY 12701.*

*Checks must be payable to "Sullivan County Treasurer".*

Courses are taught at the Fallsburg Jr./Sr. High School Indoor Pool: 115 Brickman Rd, Fallsburg, NY 12733

### American Red Cross Courses Offered:

Course Code	Course Name	2026 Course Dates	Schedule	Sullivan County Resident Fee	Non-Resident Fee
1	Lifeguard Certification	March 10, 12, 17, 19	March 10: 3:30-9:30pm March 12: 3:30-9:30pm March 17: 3:30-9:30pm March 19: 3:30-9:30pm	\$350	\$400
2	Lifeguard Certification	April 14, 16, 21, 23	April 14: 3:30-9:30pm April 16: 3:30-9:30pm April 21: 3:30-9:30pm April 23: 3:30-9:30pm	\$350	\$400
3	Lifeguard Certification	May 5, 7, 12, 14	May 5: 3:30-9:30pm May 7: 3:30-9:30pm May 12: 3:30-9:30pm May 14: 3:30-9:30pm	\$350	\$400
4	Lifeguard Certification	June 22, 23, 24, 25	June 22: 3:30-9:30pm June 23: 3:30-9:30pm June 24: 3:30-9:30pm June 25: 3:30-9:30pm	\$350	\$400
5	Lifeguard Recertification	March 26, 27	March 26: 3:30-9:30pm March 27: 3:30-9:30pm	\$175	\$225
6	Lifeguard Recertification	April 30, May 1	April 30: 3:30-9:30pm May 1: 3:30-9:30pm	\$175	\$225
7	Lifeguard Recertification	May 19, 21	May 19: 3:30-9:30pm May 21: 3:30-9:30pm	\$175	\$225
8	Lifeguard Recertification	June 4, 5	June 4: 3:30-9:30pm June 5: 3:30-9:30pm	\$175	\$225
9	CPRO Recertification	March 27	March 27: 3:30-6:30pm	\$100	\$125
10	CPRO Recertification	May 1	May 1: 3:30-6:30pm	\$100	\$125
11	CPRO Recertification	May 21	May 21: 3:30-6:30pm	\$100	\$125
12	CPRO Recertification	June 5	June 5: 3:30-6:30pm	\$100	\$125

***Note: A minimum of 5 participants is needed for us to offer the course.  
All courses are Blended Learning with online requirements.***

## Lifeguard/CPRO Course Information

Courses are taught at Fallsburg Jr./Sr. High School Indoor Pool: 115 Brickman Rd, Fallsburg, NY 12733

Courses dates & times may be subject to change.  
Courses may be canceled if the minimum number of participants is not met.

### Lifeguard Certification/Lifeguard Recertification

New Lifeguard Candidates must be 15 years old by the last day of the course.  
Recertifying Lifeguards must bring their current certification.

All participants must be able to complete the following prerequisite swim test:

- Complete a swim-tread-swim sequence without stopping to rest:
  - Jump into the water & totally submerge, resurface then swim 150 yards using the front crawl, breaststroke, or a combination of both. (Swimming on the back or side is not permitted. Swim goggles are allowed).
  - Maintain position at the surface of the water for 2 minutes by treading water using only the legs.
  - Swim 50 yards using the front crawl, breaststroke, or a combination of both.
- Complete a timed event within 1 minute, 40 seconds:
  - Starting in the water, swim 20 yards (the face may be in or out of the water; swim goggles are not allowed).
  - Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
  - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface.
  - Exit the water without using a ladder or steps.

Certification Requirements – to earn certification, participants must:

- Complete all online course content in advance of the corresponding in-person sessions.
  - The online session for the Lifeguard and Lifeguard Recertification course has 16 modules and takes approximately 6 hours to complete all modules of the online session. Each individual module takes approximately 15 – 30 minutes to complete.
- Attend the entire course and actively participate in all course activities, including assuming various roles during skill practices, skill drills, activities, and scenarios.
- Demonstrate proficiency in all skills.
- Pass the final written exam with a minimum grade of 80%.
- Pass the three (3) final skill assessments.

*Upon successful completion, certification will include:*

*Lifeguarding (Deep Water), CPR/AED for Professional Rescuers, First Aid, and Bloodborne Pathogens Training*

### CPR/AED for Professional Rescuers (CPRO) Recertification

Must bring current certification.

Certification Requirements – to earn certification, participants must:

- Complete all online course content in advance of the corresponding in-person session.
  - The online session takes approximately 2-3 hours to complete.
- Attend the entire course and actively participate in all course activities, including assuming various roles during skill practices, skill drills, activities, and scenarios.
- Demonstrate proficiency in all skills.
- Pass the final written exam with a minimum grade of 80%.
- Pass the final skill assessment.

*Upon successful completion, certification will include:*

*CPR/AED for Professional Rescuers and Bloodborne Pathogens Training*

**Register at the Parks & Recreation Department in the Sullivan County Government Center or  
Email the completed Registration Form to [SCParks@sullivanny.gov](mailto:SCParks@sullivanny.gov).**

**Payments can be made by check, cash, or card at the Parks & Rec. Office.**

**Checks can be mailed to 100 North Street, Monticello, NY 12701.**

**Checks must be payable to “Sullivan County Treasurer”.**

**Sullivan County Parks & Recreation**  
**American Red Cross Lifeguard/CPRO Course**  
**Registration Form**

**\*OFFICE USE\***

AMT: \_\_\_\_\_

Cash  Check  Card

CH # \_\_\_\_\_

RECEIPT # \_\_\_\_\_

**\*Course Code** \_\_\_\_\_

**\*Course Name** \_\_\_\_\_

**\*Participant First & Last Name** \_\_\_\_\_

**\*Participant Phone** \_\_\_\_\_

**\*Participant Email** \_\_\_\_\_

**\*Participant Address (Street, City, State, Zip)** \_\_\_\_\_

*If the participant is under 18:*

*Parent/Legal Guardian: Name* \_\_\_\_\_ *Phone* \_\_\_\_\_

**\*Emergency Contact: Name** \_\_\_\_\_ **\*Phone** \_\_\_\_\_

**Do you have any special needs or accommodations?** \_\_\_\_\_

**Sullivan County Parks & Recreation**  
**American Red Cross Lifeguard/CPRO Course Registration Form (continued)**

\*I understand that I must be 15 years or older by the last day of the course. **(Initials)**\_\_\_\_\_

**Date of Birth:** \_\_\_\_/\_\_\_\_/\_\_\_\_

\*I understand that this is a Blended Learning course where I will be required to complete online work in advance prior to the first in-person session of the course. **(Initial)**\_\_\_\_\_

\*I understand that the prerequisite swim tests will be given before the first in-person session of the course or at the first in-person session of the course and I must pass them in order to participate in the Lifeguard or Lifeguard Recertification Course. **(Initials)**\_\_\_\_\_  
*(leave blank if only taking CPRO Recert. Course)*

\*I give my permission to use my name, likeness, image, voice, and/or appearance as such may be embodied in any pictures, photos, video recordings, audiotapes, digital images, and the like, taken or made on behalf of the County of Sullivan, New York, United States of America. I agree that the County of Sullivan maintains ownership of such pictures, etc., including the copyright, and may use them for any purpose consistent with County of Sullivan governmental activities. These uses include (but are not limited to) illustrations, bulletins, exhibitions, videotapes, reprints, reproductions, publications, advertisements, and any promotional or educational materials in any medium now known or later developed, including the Internet.

I acknowledge that I will not receive any compensation or other consideration for the use of such pictures, etc., and hereby release the County of Sullivan and its agents and assigns from any and all claims which arise out of or are in any way connected with such use. I or my parent/legal guardian have read and understood this consent and release. I give my consent to the County of Sullivan to use my name and likeness in the above-described manner.

I am 18 years of age or I am the parent or guardian of a minor taking the course.

I hereby acknowledge that any training, demonstration, and participation in this program may involve certain risks to any participant. I fully understand these risks and voluntarily wish to have self/minor take the course selected.

In consideration of self/minor being permitted to participate in the course, I hereby agree to assume all the risks and responsibilities surrounding such participation, including, without limitation, those of injury to person or personal property; and further, for self/minor, my heirs, personal representatives, and assignees. I hereby agree to defend, hold harmless, indemnify, release forever, and forever discharge the County of Sullivan and all their employees from and against any and all threatened and imposed claims, demands, and actions or causes of action, on account of damage to personal property, or personal injury which may result from the aforesaid participation and activities incident thereto. Further, it is hereby certified that the above-named participant has no medical or psychological conditions which would preclude such participation. I hereby authorize the County of Sullivan through its authorized agents to secure for self/minor any emergency medical treatment that becomes or that may become necessary as a result of participation in course.

**I acknowledge I have read and understand this information.**

**\*Participant Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**If the participant is under 18:**

**Parent/Legal Guardian Signature** \_\_\_\_\_ **Date** \_\_\_\_\_