



**Sullivan County
Parks, Recreation & Beautification**

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845-807-0287 | SCParks@sullivanny.gov
<https://sullivanny.gov/Departments/ParksRecreation>

Lifeguard/CPRO Courses Spring 2025

offered by Sullivan County Parks, Recreation & Beautification Department

Courses taught at Fallsburg Jr./Sr. High School (115 Brickman Rd, Fallsburg, NY 12733)

Complete the Lifeguard/CPRO Course Registration Form available on our website (<https://www.sullivanny.gov/Departments/ParksRecreation>) and email it to SCParks@sullivanny.gov or fill it out at the Parks & Recreation Department in the Monticello Government Center (100 North Street, Monticello, NY 12701).

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

Cards can be taken over the phone at 845-807-0287. Checks or cash can be mailed to 100 North Street, Monticello, NY 12701.

Checks must be payable to "Sullivan County Treasurer".

AMERICAN RED CROSS COURSES OFFERED

Lifeguard Certification (\$350 Sullivan County Residents / \$400 Non-Residents):

- June 3, 5, 10, 12, 13 4:00-8:30pm
- June 23, 24, 25, 26 3:30-9:00pm

Lifeguard Recertification (\$175 Sullivan County Residents / \$225 Non-Residents):

- May 29, 30 3:30-9:00pm
- June 16, 17 3:30-9:00pm

CPRO Recertification (\$100 Sullivan County Residents / \$125 Non-Residents):

- May 30 3:30-6:30pm
- June 11 3:30-6:30pm
- June 17 3:30-6:30pm

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

Lifeguard Certification/ Lifeguard Recertification

*Must be 15 years old by the last day of the course.
Recertifying Lifeguards must bring their current certification.*

Must be able to complete the following prerequisite swim test:

- Complete a swim-tread-swim sequence.
- Complete a timed event.

Certification Requirements

- Complete all online course content in advance of the corresponding in-person sessions.
- Attend the entire course and actively participate in all course activities, demonstrating proficiency in all skills.
- Pass the final written exam and 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

- Complete all online course content in advance of the corresponding in-person sessions.
- Attend the entire course and actively participate in all course activities, demonstrating proficiency in all skills.
- Pass the final written exam and final skill assessment.

Upon successful completion, certification will include:
CPR/AED for Professional Rescuers and
Bloodborne Pathogens Training

Lifeguard/CPRO Courses Spring 2025

**offered by Sullivan County Parks, Recreation & Beautification Department
Courses taught at Fallsburg Jr./Sr. High School (115 Brickman Rd, Fallsburg, NY 12733)**

Lifeguard (r.24) Certification/Lifeguard (r.24) Recertification

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

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.

Certification Requirements - to earn certification, participants must:

- Complete all online course content in advance of the corresponding in-person sessions.
- 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 (r.24) (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 sessions.
- 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

Complete the Lifeguard/CPRO Course Registration Form available on our website (<https://www.sullivanyny.gov/Departments/ParksRecreation>) and email it to SCParks@sullivanyny.gov or fill it out at the Parks & Recreation Department in the Monticello Government Center (100 North Street, Monticello, NY 12701).

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OFFICE USE

AMT: _____

☐ Cash ☐ Check ☐ Card

CH # _____

RECEIPT # _____

Lifeguard/CPRO Course Registration Form

Complete this form and email it to SCParks@sullivanny.gov or fill it out at the Parks & Recreation Department in the Monticello Government Center (100 North Street, Monticello, NY 12701).

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Courses are taught at the Fallsburg Jr./Sr. High School (115 Brickman Rd, Fallsburg, NY 12733).

American Red Cross Courses Offered:

Course Code	Course Name	2025 Course Dates	Schedule	Sullivan County Resident Fee	Non-Resident Fee
LG-R1	Lifeguard Recertification	May 29, 30	May 29: 3:30-9:00pm May 30: 3:30-9:00pm	\$175	\$225
CPRO-1	CPRO Recertification	May 30	May 30: 3:30-6:30pm	\$100	\$125
LG-B1	Lifeguard Certification	June 3, 5, 10, 12, 13	June 03: 4:00-8:30pm June 05: 4:00-8:30pm June 10: 4:00-8:30pm June 12: 4:00-8:30pm June 13: 4:00-8:30pm	\$350	\$400
CPRO-2	CPRO Recertification	June 11	June 11: 4:30-7:30pm	\$100	\$125
LG-R2	Lifeguard Recertification	June 16, 17	June 16: 3:30-9:00pm June 17: 3:30-9:00pm	\$175	\$225
CPRO-3	CPRO Recertification	June 17	June 17: 3:30-6:30pm	\$100	\$125
LB-B2	Lifeguard Certification	June 23, 24, 25, 26	June 23: 3:30-9:00pm June 24: 3:30-9:00pm June 25: 3:30-9:00pm June 26: 3:30-9:00pm	\$350	\$400

Note: A minimum of 5 participants is needed for us to offer the course.

All courses are Blended Learning with online requirements.

*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. **(Initials)**_____

*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** _____