

# SOUTHAMPTON VILLAGE JUNIOR LIFESAVING PROGRAM

Saturday Mornings July 10,17,24,31 and August 7th 8:30 -10:30  
am Coopers Beach

Age group: Boys and girls ages 11-14

This course will help build the knowledge, attitudes and skills for future lifeguards. The goal of the program is to introduce participants to lifesaving skills in and around the ocean. The following skills will be taught:

- Ocean swimming
- Beach run
- Flag colors/meaning
- Current and Riptide education
- Swimming with a rescue tube/torpedo
- Beach agility course
- Introduction to First Aid and CPR



**\*\*There will be a Pretest/Evaluation at SYS Pool\*\***

Saturday June 26th at 9am

Skills needed to qualify:

\*100yd swim (4 laps in a pool continuous)

\*tread water for 5 mins

\*retrieve a brick from bottom of pool

**\*\*\*\*COST: \$100 checks made payable to Southampton Village to  
be brought the day of pretest\*\*\*\*\***

# Southampton Village Junior Lifesaving Registration Form

## Child Waiver of Liability/ Consent

Childs Name: \_\_\_\_\_

\_\_\_M\_\_\_F      D.O.B. \_\_\_/\_\_\_/\_\_\_      Age \_\_\_\_\_

I hereby grant permission for his/her participation in the Junior Lifesaving Program sponsored by the Village of Southampton.

In doing so, I understand that physical activities such as these sometimes result in accidents despite the best efforts of the organizer to supervise the participants. I accept medical bills resulting from such an accident as solely my responsibility.

Further, In permitting my child's participation, I agree to hold the Village of Southampton, its employees, volunteers assisting with the program as well as its elected officials harmless from liability resulting from my child's participation in the program.

I consent that my child is physically fit/able to participate in this program.

Parent's Name (print) \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_