



**Beach Department**  
**American Red Cross “Blended Learning” Waterfront Lifeguard Training Course**  
**Summer 2020**

The Falmouth Beaches will hold an American Red Cross Waterfront “Blended Learning” Lifeguard Training Course for Summer 2020. Participants must be 16 years old by the completion of the course (August 19<sup>th</sup>). In order to participate in this course, students must be able to pass a prerequisite 550 yard swim test at the time of enrollment. Students must display strong swim mechanics and be proficient in all swim strokes (freestyle, breaststroke, backstroke, and sidestroke) on the day of the swim test. The instructor has the authority to determine whether the participant is a strong enough swimming candidate to participate in this course.

Due to COVID-19, the course has been adapted to include both online (reading, videos, and instructor-led virtual meetings) and in-person sessions (demonstration of skills). Participants will need to bring someone they live with (e.g. family member) for the rescue skills portion of the course (1-2 in-person meetings). All Town of Falmouth and MA regulations for COVID-19 safety will be upheld. These include face masks being worn at all times when not in the water and the Department providing equipment to be used solely by the individual during sessions.

**Locations:** Surf Drive Beach & personal space with internet access

**Dates:** August 3-19<sup>th</sup>

**Time:** Self-paced online course work, instructor-scheduled skill performance sessions & Mon.-Thurs. 2-4 p.m. instructor-led virtual sessions

**Cost:** \$200

Upon successful completion of the course participants will be certified in American Red Cross Waterfront Lifeguarding, First Aid, and CPR and AED for the Professional Rescuer. For more information: call (508)548-8623 or e-mail [falmouthlifeguardtraining@gmail.com](mailto:falmouthlifeguardtraining@gmail.com).

To enroll, please bring completed form and payment to the Ellen T. Mitchell Bath House at 56 Surf Drive, Falmouth, MA sometime between 9 a.m. – 4 p.m., Tues., July 28 – Fri., July 31.

At the time of enrollment, the Lifeguard Training Course candidate will participate in the prerequisite swim test. Upon completion, candidate may submit payment and be formally accepted into course.

✍️ -----

**Name:** \_\_\_\_\_

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

**Phone Number:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**For Office Use Only:**      **Paid Cash** \_\_\_\_\_      **Paid Check** \_\_\_\_\_      **Date** \_\_\_\_\_