

San Mateo Athletic Club



American Red Cross

Certification Course Listings



Lifeguard Certification



Lifeguard Recertification



CPR/AED Certification

For more information contact our Aquatics Desk

Phone: (650) 378-7383 ● E-mail: smacaquatics@smccd.edu



Lifeguard Certification

Course Description

Do you have what it takes to be a lifeguard? Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Successful completion results in a 2-year certification in Lifeguarding that includes first aid, professional-level CPR and AED in one certificate. Digital certificate available upon successful completion of course.

Session 1		
Saturday	9/10	12pm – 6pm
Saturday	9/17	12pm – 6pm
Saturday	9/24	12pm – 6pm
Saturday	10/1	12pm – 6pm

Session 2		
Friday	11/11	4pm - 10pm
Saturday	11/12	9am – 6pm
Sunday	11/13	9am – 6pm

Session 3		
Friday	12/16	6pm - 10pm
Saturday	12/17	10am – 6pm
Sunday	12/18	10am – 6pm
Monday	12/19	10am – 2pm

***note: 100% attendance is required to complete the course!



PLEASE NOTE

Course participants must be at least **15** years old and good swimmers. If you are not a strong swimmer, please take swimming lessons before the lifeguard training class. You will **NOT** be able to continue in the class if you fail the swim test on the first day.

- Swim Test:**
- At least 15 years old
 - Strong Swimmer
 - Swim 300 yards freestyle (front crawl)
 - Tread water without hands for 2 minutes
 - Complete a timed event and retrieve a brick from 7 feet underwater
 - Exit the water without using a ladder or steps

To successfully complete the course, participants must attend all sessions, score at **least 80%** on two written tests and pass the practical portion of the exam.



Lifeguard Recertification

Course Description

This is a fast-paced two-day review course with a main focus on the hands-on skills of Lifeguarding (CPR/AED/First Aid and Water Rescues). Participants must be currently certified or have successfully completed an American Red Cross Lifeguard Training course within the last two years. Successful completion results in a 2-year certification renewal. Digital certificate available upon successful completion of course.

OPTION 1

Saturday	10/08	11am – 6pm
Sunday	10/09	11am – 6pm

OPTION 2

Saturday	12/03	11am – 6pm
Sunday	12/04	11am – 6pm

OPTION 3

Saturday	01/07	11am – 6pm
Sunday	01/08	11am – 6pm

***note: 100% attendance is required to complete the course!



PLEASE NOTE

Only **currently certified** Lifeguards may take the Review course. If any certifications have **expired** you must take the **full** Lifeguard Course. The Red Cross is no longer allowing Lifeguards to challenge the course.

- Swim Test:**
- At least 15 years old
 - Strong Swimmer
 - Swim 300 yards freestyle (front crawl)
 - Tread water without hands for 2 minutes
 - Complete a timed event
 - Exit the water without using a ladder or steps

To successfully complete the course, participants must attend all sessions, score at **least 80%** on two written tests and pass the practical portion of the exam.



CPR/AED Certification

Course Description

Learn how to provide care in cardiac or breathing emergencies. Through videos, group discussion and hands-on training, you'll learn how to save a life! Successful completion results in a 2-year certification in CPR/AED for the Professional Rescuer for Adult, Child, and Infant. Digital certificate available upon successful completion of course. Participants must be at least 15 years of age to register.

OPTION 1

Nov. 20th
11a – 2p

OPTION 2

Feb. 4
11a – 2p

OPTION 3

June 11
11a – 2p

***note: 100% attendance is required to complete the course!

San Mateo Athletic Club

Please submit this form to the San Mateo Athletic Club's Courtesy Desk or fax: (650) 378-7374
 or scan/e-mail to smac.aquatics@smccd.edu

Participant's Full Name	Age	Date of Birth
Parents' Full Name	Member of SMAC? Yes /No	
Home Phone #	Work Phone #	E-mail
Emergency Contact	Relationship	Emergency Phone #

	Red Cross Certification Course Selection	SMAC Members	Guests
	Lifeguard Certification Course	\$275	\$300
	Lifeguard Recertification Course	\$125	\$150
	CPR/AED Certification Course	\$75	\$90

San Mateo Athletic Club

Please read and sign the release below:

I, _____, on behalf of myself and/or my child, _____, have voluntarily requested to participate in swim lessons offered by the San Mateo Athletic Club. I am aware that attending or participating in these activities involves risk of injury to person and property. I voluntarily accept and assume all risk from attending and participating in these activities. In consideration of being permitted to participate in these activities, I agree, on behalf of myself and my child, our heirs, personal representatives and assignees, not to make any claim against or sue the City of San Mateo, College of San Mateo, San Mateo Athletic Club or any of their employees, officers, directors, agents, contractors, members or board members (collectively referred to as the "RELEASED PARTIES") for any injury or damage to my child, myself, anyone else, or any property arising from the negligence, or other acts, however caused, of any of the Released Parties. In addition, I release and discharge the Released Parties from any and all actions, liabilities, losses, claims or demands that I, my child, our respective heirs, personal representatives or assignees, have or may hereafter have for personal injuries to my child, myself, anyone else, or property damage resulting from my, or my child's, attendance at or participation in swim lessons offered by the San Mateo Athletic Club.

I grant to San Mateo Athletic Club, its representatives and employees the right to take photographs of participants in connection with marketing materials. I authorize the San Mateo Athletic Club, it's assigns and transferees to copyright, use and publish the same in print and/or electronically. I grant San Mateo Athletic Club the unrestricted right and permission to copyright and use, re-use, publish and re-publish photographic portraits or pictures of participants. I hereby relinquish any right that I may have to examine or approve the completed product(s) or the advertising copy or printed matter that may be used in conjunction therewith or the use to which it may be applied. **I HAVE CAREFULLY READ THE LANGUAGE ABOVE. I UNDERSTAND THIS IS A COMPLETE RELEASE OF ALL LIABILITY, AS WELL AS A PROMISE NOT TO SUE OR MAKE A CLAIM.**

Medical Questionnaire

Please list any physical disabilities, mental disabilities, allergies, illnesses, medications, or injuries we should know about.

Date: _____ Name of Participant: _____ Signature: _____