



# IOWA REGULAR BAPTIST CAMP Part Time Staff Lifeguard Application 2013

(Turn in with the part time staff application)

Name \_\_\_\_\_ Age \_\_\_\_\_

**\*All Lifeguards must be willing to work a minimum of four weeks.  
This does not guarantee you will be given four weeks.**

## Previous Red Cross Swim Training Completed

- |   |   |
|---|---|
| <input type="checkbox"/> Introduction to Water Skills | <input type="checkbox"/> Stroke Refinement            |
| <input type="checkbox"/> Fundamental Aquatic Skills   | <input type="checkbox"/> Swimming & Skill Proficiency |
| <input type="checkbox"/> Stroke Development           | <input type="checkbox"/> Jr. Lifeguarding             |
| <input type="checkbox"/> Stroke Improvement           | <input type="checkbox"/> Lifeguarding                 |
| <input type="checkbox"/> Other: _____                 |   |

Location and Dates of Last Training \_\_\_\_\_

## Previous Red Cross First Aid Training Completed:

- Standard First Aid       Community CPR

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## Course Pre-Requisites

According to the Red Cross manual, you will be required to perform the following skills during our first session together.

**14 Year old lifeguards are only eligible to receive a Jr. Lifeguarding Certificate. For IRBC purposes you will be tested on the skills below.**

### 15 Years Old & Older

- ✓ Swim 500 yards continuously using each of the following strokes:  
***All strokes must use rhythmic breathing with your face in the water.***
  - 200 Yard Front Crawl
  - 100 Yard Breaststroke
  - 200 Yards using either Front Crawl or Breaststroke.
- ✓ Surface dive to a minimum depth of 9 feet and bring a 10 pound diving brick to the surface.

Lifeguards must purchase their own Red Cross Lifeguard Training Book, copyrighted 2012, unless you already own one. Upon completion of requirements, you will receive your Red Cross Certification and an IRBC Lifeguard shirt.

- Please order my 2012 Red Cross Training Book. I have enclosed \$35.00.**  
Book must be paid for with application.
- I already own the 2012 Red Cross Training Book.**  
You must bring it with you to staff training week.

**All lifeguards must bring water shoes to training!**

If you have any questions, please call 641-829-3824 or email [camp@irbc.org](mailto:camp@irbc.org)