

NEIU Campus Recreation  
**Health and Safety Courses**

Campus Recreation offers American Red Cross Health and Safety Courses for our students and community to help improve our community's safety as well as providing certifications that may be required for employment. A complete list of available certifications can be found in our brochure and on our website at [www.neiu.edu/~campusrec](http://www.neiu.edu/~campusrec).

**Requirements for certification** (not all requirements apply to all certifications)

- Completion of the pre-requisites
- Attendance of all class sessions
- Competency in all practical skills
- A score of 80% or better on all written test sections
- Completion of the objective in all skills scenarios

**Types of Courses:**

**Full Courses:** These courses are for those who have never been certified before or wish to retake the Full Course.

**Challenge Courses:** These courses are for those who are currently certified or who are familiar with the course material and have NEVER taken a Challenge Course before. These courses contain no instructional material, only skills and written tests.

**Cost:** Please note that all current NEIU students receive a 50% discount for all Health and Safety Courses. All course materials are included in the cost.

	<u>Full</u>	<u>Challenge</u>
Adult CPR & AED	\$50	\$20
Bloodborne Pathogens	\$20	
Child & Infant CPR	\$50	\$20
CPR for the Professional Rescuer	\$50	\$20
First Aid	\$50	\$20
Fundamentals of Instructor Training	\$50	
Lifeguarding*	\$300	\$50
Water Safety Instructor*	\$300	
Lifeguard Instructor* (not eligible for discount)	\$300	

**Registration:** Registration is on a first-come, first-served basis. Those interested in Lifeguarding, Water Safety Instructor, or Lifeguard Instructor courses require completed pre-requisites\*, including a Swim Pre-test before registering. Pre-tests are free of charge; to schedule a pre-test contact Megan Krone at [m-krone@neiu.edu](mailto:m-krone@neiu.edu) or (773)442-4246. Please complete the registration form and mail it with payment to the address listed below or bring it with payment to the Aquatics Office (PE 1183).

**Campus Recreation PE 1183  
c/o Megan Krone, Aquatics Coordinator  
5500 North St. Louis Avenue  
Chicago, IL 60625**

**Parking:** You may purchase a Community Parking pass from Parking Services at (773)442-4117, or you may pay the \$5 daily fee to park in University lots. Parking on N. St. Louis Ave. is free.

**Facility Use:** Registration in this course provides facility use only during class times. To use other areas of the facility you must purchase a membership or pay the \$8 Daily Fee.

**For additional information, contact Megan Krone, Aquatics Coordinator, at (773)442-4246, [m-krone@neiu.edu](mailto:m-krone@neiu.edu), or stop by the Aquatics Office in the PE Complex.**

**\*Lifeguarding Pre-requisites**

- Must be 15 years of age on or before the last scheduled class.
- Must complete the Swim Pre-Test (By appointment, free of charge, and can be repeated as many times as necessary.)
- Swim 300 yards (6 laps/12 lengths) continuously in the following order 100 yards (2 laps/4 lengths) front crawl, 100 yards breaststroke (2 laps/4 lengths), and 100 yards (2 laps/4 lengths) of front crawl, breaststroke, or a combination of the two.
- Swim 20 yards, surface dive and retrieve a 10-pound brick from a depth of 8 feet, and return to the starting point on your back with both hands on the brick and your face above water within a timeframe of 1 minute, 40 seconds.

**\*WSI Prerequisites**

- Must be 15 years of age on or before the last scheduled class
- Must attain the Fundamentals of Instructor Training (FIT) certification
- Must complete the Swim Pre-Test (By appointment, free of charge, and can be repeated as many times as necessary.)
  - American Red Cross Level 4 Stroke competency in front crawl, back crawl, breaststroke, elementary backstroke, sidestroke, and butterfly; Tread water for 1 minute; Float in a supine position for 1 minute

**\*LGI Prerequisites**

- Must be 18 years of age on or before the last scheduled class
- Must attain the Fundamentals of Instructor Training (FIT) certification
- Must complete the Swim Pre-Test, and complete lifeguard recertification and written test (By appointment, free of charge, contact Don Mountz x5560)

## Health & Safety Course Registration Form

Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Home Phone \_\_\_\_\_

Address \_\_\_\_\_ Alt. Phone \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ E-mail \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Medical Problems/Allergies \_\_\_\_\_

Do you require special accommodations? No/Yes  
If Yes, what? \_\_\_\_\_

Please select one course for each form:

Course: \_\_\_\_\_ Date & Time: \_\_\_\_\_

Payment: Cost \_\_\_\_\_ Discount \_\_\_\_\_ (50% for NEIU students) Total \_\_\_\_\_

CHECK # \_\_\_\_\_ CASH \_\_\_\_\_ Staff initials \_\_\_\_\_

---

I understand that registration and payment in this course does not guarantee me the certifications offered. I understand the requirements for certification, including the requirement to attend every class. I understand that if I do not meet the requirements for certification, I will not be refunded my course payment.

\_\_\_\_\_  
Signature of participant or Parent/Guardian Date

As parent/guardian of the stated participant or as the stated participant in this activity at Northeastern Illinois University sponsored by the Office of Campus Recreation, I understand that participation in the Lifeguard Training course or any strenuous physical activity may expose the participant to the inherent dangers associated with this activity, including, but not limited to: physical contact with other participants, equipment, and surfaces, participating in inclement weather conditions, and other serious injuries. The Office of Campus Recreation continually strives to reduce such risks and insists that all participants follow safety rules and instructions which have been designed to protect the participant's safety. I acknowledge and agree to abide by the rules as they may be in effect now or as they may be amended.

Northeastern Illinois University is not responsible for any injury or loss of property suffered by any person while using the Physical Education Complex or its surrounding facilities for any reason whatsoever, including ordinary negligence on the part of Northeastern Illinois University, its agents, employees, or Board of Trustees.

In consideration of use of the Physical Education Complex and involvement in the Lifeguard Training course sponsored by the Office of Campus Recreation, I hereby release and covenant not to sue Northeastern Illinois University, its Board of Trustees, and employees, instructors, or agents from any and all present and future claims resulting from ordinary negligence on the part of Northeastern Illinois University or others listed, for property damage, personal injury, or wrongful death arising as a result of use of the facilities or participation in this activity. I hereby waive any and all claims that may be made by me, my family, estate, and heirs resulting from ordinary negligence.

I have read and fully understand the Program Details, Waiver, and Release of All Claims.

\_\_\_\_\_  
Signature of participant or Parent/Guardian Date

I, the undersigned, do hereby authorize Northeastern Illinois University and its designated representatives to consent, on my behalf, or on the behalf of the minor participant, to any medical/hospital care or treatment to be rendered upon the advice of any licensed physician. I agree to be responsible for all necessary charges incurred by any hospitalization or treatment rendered pursuant to this authorization.

\_\_\_\_\_  
Signature of participant or Parent/Guardian Date