

## *National Lifeguard Service: Course Introduction*

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### **All About You**

Full Name \_\_\_\_\_

Phone Number \_\_\_\_\_

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

Home Address \_\_\_\_\_

Birthdate \_\_\_\_\_

Where did you take Bronze Cross and what date?

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Have you done CPR 'C' in the past year? If so, where and on what date?

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Why are you taking NLS – why do you want to become a lifeguard?

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How do you learn best?

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What level of swimming lessons (or swim club) have you completed?

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What are some of your interests and goals?

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Is there anything else that I need to be aware of? (medical conditions, phobias, etc.)

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