

# T.O.T.A.L. Guard

**CPRS District 1 is teaming up with Total Aquatic Management for a new training for experienced lifeguard staff, head lifeguards, pool managers and part time coordinators.**

**Date:** Saturday April 3rd, 2010

**Time:** 9am to 5pm

**Location:** Finley Aquatic Center

2060 West College Ave, Santa Rosa, CA 95401

**Fee:** \$40

**Group Rate:** \$40 first participant

\$35 each additional participant

(Must be from the same agency)

## Overview of TOTAL Guard:

TOTAL Guard stands for "Teamwork Oriented Training in Advanced Lifeguarding." This program is designed to use lecture, demonstration, games, skill testing, team building and problem solving to improve overall operational safety. We develop each individual's skill and confidence making them more effective in their role, while emphasizing their part in taking the team to the next level.

## Schedule of Events:

**9am-9:30am:** Check In

**9:30am-12pm:** Lecture, team building activities

**12pm-1pm:** Lunch (provided)

**1pm-4:30pm:** In-Water Activities\*

**4:30pm-5pm:** Evaluations/Feedback

\*Please bring your swim suit and towel.

## Questions?

Heather Mello-Kamra  
heather.m.kamra@uscg.mil  
(707)765-7483

Aaron Jewett  
ajewett@srcity.org  
(707)543-3771

# T.O.T.A.L. Guard Registration Form

Registrants Name: \_\_\_\_\_

Agency Name: \_\_\_\_\_

Agency Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

E-Mail: \_\_\_\_\_

Additional Registrant: \_\_\_\_\_

Additional Registrant: \_\_\_\_\_

Additional Registrant: \_\_\_\_\_

Additional Registrant: \_\_\_\_\_

Total Number of Participants:

\$40: \_\_\_\_\_

\$35: \_\_\_\_\_

Total Amount:

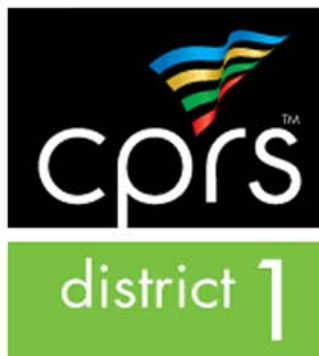
\$ \_\_\_\_\_

## Mail Registration To:

USGC TRACEN Petaluma  
Attn: Heather Mello-Kamra  
599 Tomales Road Bldg #253  
Petaluma, CA 94952

Enclosed is my check in the amount listed above  
(please make checks payable to CPRS District I)

Please invoice me



Vegetarian lunch available.  
Please list number needed: \_\_\_\_\_