



## **LIFEGUARDING AND FIRST AID COURSES 2026**

- Wilderness First Aid \$450** Sat and Sun, Feb 7-8, 9:00-4:00 at the SHAC, 27 Lake Ave, Averill Park
- Lifeguarding with Waterfront Skills \$475** June 29-July 2, 9:00-4:00 at 322 Methodist Farm Rd, Averill Park
- Lifeguarding with Waterfront Skills RECERT \$295** Must have a current certification- Expires on \_\_\_\_\_ June 29-July 2, 9:00-4:00 at 322 Methodist Farm Rd, Averill Park
- CPR Mask with case \$15**
- Lifeguard Whistle \$10**
- Latex Swim Cap \$5**

**Total Cost:** \_\_\_\_\_

**Checks written to SKYHIGH Adventures LLC**

**Or call 518-859-2081 with Credit Card (include 4% fee to total)**

**Venmo SKYHIGH Adventures LLC with 3% fee added to total**

**Name**

---

**Address**

---

---

**Phone** \_\_\_\_\_

**Email** \_\_\_\_\_

**Age** \_\_\_\_\_ **Gender** \_\_\_\_\_

**Any health concerns we should be aware of?**

---

- Please bring your CPR mask with you if you have one.
- For the Lifeguarding course, bring towels, sunscreen, drinks, snacks, lunch, a sweatshirt and/or raincoat, and goggles. Bring a swim mask and fins if possible, for the open-water portion of the Lifeguarding course.
- For the Wilderness First Aid course, bring drinks, snacks, lunch, and warm clothing.

Sign the attached waiver and mail registration materials to:

**SKYHIGH Adventures LLC  
322 Methodist Farm Rd  
Averill Park, NY 12018**

Once received, you will be enrolled, and an email will be sent to you with specific scheduling details and the link to the online portion of the course (for CPR and Lifeguarding courses). The online portion must be completed before the first in-person instruction meeting date.

**SKY HIGH Adventures LLC / SKYHIGH Youth Sport Camp / Water Safety, Lifeguard, CPR & First Aid Training  
Release of Liability / Indemnification and Covenant Not to Sue**

**Please Read This Waiver Carefully Before Signing.**

By signing this agreement, you give up the right to bring a court action to recover compensation or obtain any other remedy for any injury to yourself and or your dependents or your property or your death or that of a dependent however caused arising out of your use of any facilities, equipment or participation in activities organized by SKYHIGH Adventures LLC, John and Mary Slyer or their agents. There are significant elements of risk or injury and even death inherent in multi-sport and adventure programs. This is a legally binding agreement that you acknowledge the risk and release liability and the right to bring a court action. \_\_\_\_\_ (initial)

Acknowledgment of Risk: I hereby acknowledge and agree that adventure programs involving triathlon, open water activities, pool swimming, running, cycling, biking, man-made or natural obstacles, and other experiential education activities, and other sports and educational activities have inherent risks, and that there are significant risks involved in all aspects of those activities, whether indoors or outdoors. I further acknowledge and agree that those risks include but are not limited to:  FALLS THAT CAN RESULT IN SERIOUS INJURY OR DEATH  ALL MANNER OF INJURY FROM HITTING PROJECTIONS, PERMANENTLY OR TEMPORARY IN PLACE, IN WATER OR ON THE GROUND  INJURIES RESULTING FROM BEING HIT BY FALLING BRANCHES, PEOPLE, DROPPED EQUIPMENT, AND OTHER ITEMS  CUTS, ABRASIONS AND OTHER WOUNDS RESULTING FROM PARTICIPATION IN MULTI-SPORT ACTIVITIES  FAILURE OF EQUIPMENT OF ANY KIND, INCLUDING, BUT NOT LIMITED TO BIKES, HELMETS, AND OBSTACLES  I FURTHER ACKNOWLEDGE THAT THE ABOVE LIST IS NOT INCLUSIVE OF ALL POSSIBLE RISKS ASSOCIATED WITH THE PARTICIPATION IN MULTI-SPORT ACTIVITIES, OPEN WATER SWIMMING, OR OTHER ADVENTURE ACTIVITIES

I HAVE FULLY READ AND UNDERSTAND THE ABOVE. \_\_\_\_\_ (initial) I, the undersigned user and / or guardian, agree that I will not sue or otherwise make any claim against SKYHIGH Adventures LLC or its employees, officers, agents, or contractors for injury or damage resulting from negligence or other acts, however caused by any employee, agent, or contractor of SKYHIGH Adventures LLC as a result of participation in adventure activities including but not limited to triathlon, mountain biking, road biking, pool or open-water swimming, running, man-made or natural obstacles, and other multi-sport, adventure or experiential education activities. \_\_\_\_\_ (initial)

I agree to release and on behalf of myself, my heirs, representatives, executors, administrators, and assigns, I do hereby release SKYHIGH Adventures LLC, John Thomas Slyer and Mary Kathleen Slyer, its employees, officers, agents, or contractors from any cause of action, claims or demands of any nature whatsoever, including, but not limited to, a claim of negligence, which I, my heirs, representatives, executors, administrators, and assigns, may now have, or have in the future against SKYHIGH Adventures LLC on account of personal injury, property damage, death or accident of any kind, arising out of or in any way resulting from my participating in multi-sport or adventure programs, including, but not limited to triathlon, swimming, biking, cycling, running, mountain biking, and other experiential education activities, whether that participation is supervised or unsupervised, however the injury or damage is caused including but not limited to, the negligence of SKYHIGH Adventures LLC, its officers, agents, and employees. \_\_\_\_\_ (initial)

In consideration of my participation in multi-sport and adventure programs, I (we) the undersigned user(s) agree to INDEMNIFY AND HOLD HARMLESS SKYHIGH Adventures LLC, its officers, agents, employees and contractors from any and all causes of action, claims, demands, losses, or costs of any nature whatsoever arising out of or in any way relating to my participation in SKYHIGH Adventures LLC activities. \_\_\_\_\_ (initial)

I hereby certify that I am over eighteen (18) years of age. If I am under eighteen (18) years of age, my parent(s) or legal guardian has also read, initialled, and signed this release. I have carefully read this agreement and fully

understand its contents. I am aware that this is a release of liability and a contract between myself and SKYHIGH Adventures LLC, and its agents, and I am signing this release of liability of my own free will. Participant Name (Print)

\_\_\_\_\_ Are you over 18? \_\_\_\_\_ Participant Signature

\_\_\_\_\_ If Participant is under the age of eighteen (18): Parent Name  
(Print) \_\_\_\_\_ Parent Signature

\_\_\_\_\_ Date \_\_\_\_\_