

# Lifeguarding



**American  
Red Cross**

## **Purpose**

To teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries.

## **Prerequisites**

- Minimum age of 15
- Swim 300 yards continuously using front crawl and breaststroke
- Starting in the water, swim 20 yards using front crawl and breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or step, within 1 minute, 40 seconds

## **Learning Objectives**

- Understand the value of behaving in a professional manner
- Learn how to identify behaviors of a swimmer, distressed swimmer and an active or passive drowning victim
- Understand the components of an emergency action plan and how to activate it
- Understand the general procedures for an emergency occurring in the water or on land
- Demonstrate how to perform equipment-based rescues
- Learn how to provide first aid and how to care for breathing and cardiac emergencies
- Learn how to recognize and care for possible head, neck or back injuries

## **Length**

31 Hours, 15 minutes (including the precourse session)

## **Instructor**

A currently authorized American Red Cross Lifeguarding instructor who has met state qualifications, where required

## **Certification Requirements**

- Attend all classes
- Demonstrate competency in all required skills and activities
- Demonstrate competency in the three final skill scenarios
- Correctly answer at least 80 percent of the questions in the three sections of the final written exam

## **Certificate Issues and Validity Period**

Lifeguarding/First Aid: 3 years

CPR/AED for the Professional Rescuer: 1 year