American Red Cross Lifeguard Training (r.12)

American Red Cross Lifeguarding is ideal for people who want to work at traditional pools. The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

To enroll in the Lifeguard Training Course, you must be at least 15 years of age before the completion of the last scheduled class session and must successfully complete the Lifeguard Training Pre-Course Skill Session. Lifeguard Training Pre-Course Skill Session consists of:

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
3. Complete a timed event within 1 minute, 40 seconds.
   a. Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
   b. Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
   c. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. Exit the water without using a ladder or steps.