

Provide entry-level lifeguard participants 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 EMS personnel take over.

Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years.

Shallow Water Lifeguard Prerequisite: Minimum age: 15 years; Swim 100 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 50 seconds: starting in the water, swim 20 yards, submerge to a depth of 4 to 5 feet to retrieve a 10-pound object, return to the surface then walk or swim 20 yards to return to the starting point with both hands holding the object, exit the water without using steps or a ladder.

Lifeguard Training Prerequisite: Minimum age: 15 years; 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); Tread water for 2 minutes using only the legs (Candidates should place their hands under the armpits); Complete a timed event within 1 minute, 40 seconds: starting in the water, swim 20 yards (the face may be in or out of the water; swim goggles are not allowed), surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards 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 steps or a ladder.