

LIFEGUARD COURSE PRE-REQUISITES

THESE ARE THE SKILLS THAT YOU NEED TO DEMONSTRATE IN ORDER TO PARTICIPATE IN THE LIFEGUARD COURSE.

THESE SKILLS WILL BE SHOWN TO YOUR INSTRUCTOR ON YOUR FIRST DAY AT CAMP, BEFORE YOU EVEN MOVE INTO YOUR TENT.

Successfully complete the three prerequisite swimming skills evaluations:

Prerequisite 1: Complete a swim-tread-swim sequence without stopping to rest:

- Jump into the water and totally submerge, resurface then swim 350 yards using the front crawl, breaststroke or a combination of both. (Swimming on the back or side is not permitted. Swim goggles are allowed.)
- Maintain position at the surface of the water for 2 minutes by treading water using only the legs.
- Swim 200 yards using the front crawl, breaststroke or a combination of both.

Prerequisite 2: 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 – 10 feet to retrieve a 10-pound object.
- Return to the surface and swim 20 yards on the back to return to the starting point, holding the object at the surface with both hands and keeping the face out at or near the surface.
- Exit the water without using a ladder or steps.

Prerequisite 3: Complete an underwater swim:

- Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4 – 7 feet of water.
- Resurface and continue to swim another 5 yards.

Find out more about how to prepare for the course on the [American Red Cross website](#).