

r. 24 Lifeguarding (Including Deep Water) Fact Sheet

Course Purpose

The primary purpose of the courses in the American Red Cross Lifeguarding program is to provide participants with the knowledge and skills needed to:

- Prevent, recognize and respond to aquatic emergencies.
- Provide professional-level care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services (EMS) professionals take over.

Lifeguarding (Including Deep Water) training is conducted and evaluated in water depths ranging from 0 feet to water 7 feet and greater (ranging from 8-12 feet maximum, depending on the depth of the facility in which the training is conducted).

Note: For information on other courses within the Lifeguarding program, please see the Fact Sheets for

- *Shallow Water Lifeguarding (water up to 5, 6, or 7 feet)*
- *Aquatic Attraction Lifeguarding (water up to 3 feet)*
- *Waterfront Skills Module*
- *Waterpark Skills Module*

Course Prerequisites

To participate in the Lifeguarding (Including Deep Water) course, participants must:

- Be at least 15 years old on or before the final scheduled session of the Lifeguarding course.
- Successfully complete the two prerequisite swimming skills evaluations:

Prerequisite 1: Complete a swim-tread-swim sequence without stopping to rest:	Prerequisite 2: Complete a timed event within 1 minute, 40 seconds:
<ul style="list-style-type: none"> • Jump into the water and totally submerge, resurface then swim 150 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 50 yards using the front crawl, breaststroke or a combination of both 	<ul style="list-style-type: none"> • Starting in the water, swim 20 yards. (The face may be in or out of the water. Swim goggles are not allowed). • Submerge 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.

Note: If the Lifeguarding course includes training for the Waterfront Skills module, additional prerequisite swimming distances and skills are required. See the Waterfront Skills Module Fact Sheet for more information.

r. 24 Shallow Water Lifeguarding (Water Up To 5, 6, or 7 feet) Fact Sheet

Course Purpose

The primary purpose of the courses in the American Red Cross Lifeguarding program is to provide participants with the knowledge and skills needed to:

- Prevent, recognize and respond to aquatic emergencies.
- Provide professional-level care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services (EMS) professionals take over.

Shallow Water Lifeguarding (water up to 5, 6, or 7 feet) training is conducted and evaluated in water depths ranging from 0 feet to water 5, 6, or 7 feet, depending on the maximum depth of the facility in which the training is conducted. *Note: For information on other courses within the Lifeguarding program, please see the Fact Sheets for:*

- *Lifeguarding (Including Deep Water)*
- *Aquatic Attraction Lifeguarding (water up to 3 feet)*
- *Waterfront Skills Module*
- *Waterpark Skills Module*

Course Prerequisites

To participate in the Shallow Lifeguarding (Water up to 5, 6, or 7 feet) course, participants must:

- Be at least 15 years old on or before the final scheduled session of the Lifeguarding course.
- Successfully complete the two prerequisite swimming skills evaluations:

<p>Prerequisite 1: Complete a swim-tread-swim sequence without stopping to rest:</p>	<p>Prerequisite 2: Complete a timed event within 50 seconds:</p>
<ul style="list-style-type: none"> • Jump into the water and totally submerge, resurface then swim 50 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, floating, or both • Swim 50 yards using the front crawl, breaststroke or a combination of both 	<ul style="list-style-type: none"> • Starting in the water, swim 20 yards. (The face may be in or out of the water. Swim goggles are not allowed). • Submerge to a depth of 4 - 7 feet to retrieve a 10-pound object. • Return to the surface and walk or 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.