

American Red Cross Lifeguarding Course Requirements

In order to be eligible for the American Red Cross Lifeguarding Course, you must be a strong and confident swimmer who is able to:

1. Competently swim 550 continuous yards, using 200 yards of crawl/freestyle stroke with rhythmic breathing, 100 yards of breaststroke with rhythmic breathing, and 250 yards using either of these two strokes.
2. Within one minute and 40 seconds, swim 20 yards, surface dive to 10 feet deep, pick up a ten pound brick, resurface with the brick, and swim twenty yards on back using legs only.
3. Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4–7 feet of water, resurface and swim 5 yards to the side of the pool.
4. Tread water for 2 minutes, using only the legs.

All lifeguards will be required to participate in and complete our Waterfront Orientation. This orientation will take place at one of our freshwater lakes and will include lifeguard certification through the American Red Cross, which involves completing all of the required skills and passing the practical and written tests. Some of the strongest candidates will also be enrolled in the Water Safety Instructor course, admission to which is based on a pre-test of swim strokes.

During Waterfront Orientation you will learn lifeguarding skills such as:

- Entries, approaches, rescues, surveillance and waterfront equipment use
- Professional CPR and First Aid
- Swim instruction for various ages and skills
- Emergency plans and rehearsal as well as boating skills



Please note that five of our six camps use lakes for swimming so applicants should be comfortable training and working in a setting similar to this picture.