

# ICABONE SWIMMING POOL 2019 LIFEGUARD AND WSI TRAINING PREREQUISITES

## **Lifeguard Training Prerequisites**

1. All Lifeguards must be 15 years of age by the end of the Lifeguarding Course.
2. Must complete the prerequisite prior to registering for a Lifeguarding Course.
3. 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.
4. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
5. Complete a timed event within 1 minute, 40 seconds.
6. Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
7. Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
8. 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.
9. Exit the water without using a ladder or steps

## **WSI Course Prerequisites**

The purpose of this instructor course is to train instructor candidates to teach courses and presentations in the American Red Cross Swimming and Water Safety program including Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim, Adult Swim, Private Lessons, Water Safety Courses (including Safety Training for Swim Coaches\*) and Water Safety Presentations.

### **Prerequisites**

1. Be at least 16 years of age on or before the last day of the Instructor Course
2. Demonstrate the ability to perform the following swimming skills:
3. Swim the following strokes consistent with the Stroke Performance Charts, Level 4:
  - 25 yards of Front Crawl
  - 25 yards of Back Crawl
  - 25 yards of Breaststroke
  - 25 yards of Elementary Backstroke
  - 25 yards of Sidestroke
  - 15 yards of Butterfly
  - Maintain position on back for 1 minute in deep water (floating or sculling)
4. Tread water for 1 minute.