

## **Red Cross Lifeguard Training**

### *Participant Prerequisites*

1. Participants must be at least 15 years of age
2. Proof of online class completion
3. Participants must be able to 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. Participants must be able to tread in deep water for 2 minutes continuously without the use of their arms.
5. Participants must complete a timed event within 1 minute and 40 seconds:
  - 5.1 Starting in the water, swim 20 yards. Swim goggles are not allowed.
  - 5.2 Surface dive feet-first or head-first to a depth of 7-10 ft. to retrieve a 10 lb. object.
  - 5.3 Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object keeping the face at or near the surface to breathe.
  - 5.4 Exit the pool without using a ladder or steps.