

# American Red Cross Lifeguard Training Course

To Lifeguarding Class Candidate:

Welcome to the American Red Cross Lifeguarding Course. Please read the information on this form, sign at the bottom, and bring it with you on the first day of class.

**MUST ATTEND ALL IN PERSON AND VIRTUAL CLASS DATES**

**YOU MUST BE ABLE TO PROFICIENTLY SWIM 300 YARDS CONTINUOUSLY.**

## Prerequisite Swimming Skills Evaluation:

1. Candidates will perform a 300-yard continuous swim using the front crawl with rotary breathing, breaststroke or a combination of both. Swimming on back or side is NOT permitted. Swim goggles are allowed.
2. Candidates will tread water for 2-minutes without support and without stopping. When treading only the legs can be used. Candidates should place their hands under their armpits. The head must remain above the surface of the water.
3. Candidates will perform a 1 minute and 40 second timed event.
  - Swim approximately 20 yards. The face may be in or out of the water.
  - Surface dive, feet first or head first, to a depth of 7 to 10 feet to retrieve a 10lb brick.
  - Return to 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 you are able to get a breath. You may not swim the distance with your face under water.
  - Exit the water without using a ladder or steps.
  - Goggles are NOT permitted during this event.

All lifeguarding candidates will be required to attend **ALL** scheduled classes. There is no extra class time scheduled for make-ups. In addition, much of the information and skills are cumulative, and missing a class will hinder other students with valuable class time being spent in review of previous material. Extraordinary circumstances will be handled on a case-by-case basis and subject to the approval of the instructor(s). Advance notification is appreciated. These attendance guidelines will be strictly enforced and failure to attend all classes will result in the student being dropped from the course. Responsibility and reliability are the most important attributes of a good lifeguard. The lifeguarding candidate will be expected to display these traits throughout the class. Signing below indicates acknowledge of and agreement of these policies.

\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
Parent's signature (if under 18 yrs)

**THIS FORM MUST BE SIGNED AND BROUGHT TO THE FIRST CLASS**

**\* If you are unable to complete the pre-course test, your money will be refunded except for \$5 for processing fees\***

