



American Red Cross Lifeguard Training Prerequisites

Prerequisite Tests For Lifeguarding Training And Lifeguarding Recertification

All the participants must successfully complete the prerequisite swimming skill evaluation, to be eligible to participate in the course.

	Prerequisite 1	Prerequisite 2
Lifeguarding	<p>Swim-Tread-Swim Sequence</p> <ul style="list-style-type: none"> ■ Swim 150 yards using the front crawl, breaststroke or a combination of both. <ul style="list-style-type: none"> - 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. 	<p>Timed Event</p> <p>Complete a timed event within 1 minute, 40 seconds.</p> <ul style="list-style-type: none"> ■ Starting in the water, swim 20 yards. <ul style="list-style-type: none"> - The face may be in or out of the water. - Swim goggles are not allowed. ■ Surface dive (feet-first or head-first) to a depth of 7 to 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 at or near the surface. ■ Exit the water without using a ladder or steps.

Please make sure to complete the online portion of the class before the first day of your training. (Blended Training Course only)