

Do You Have What It Takes to be a Lifeguard

Lifeguards must receive proper and effective training. Lifeguards also need to maintain their skills to ensure their ability to work effectively with others as part of a lifeguard team. Participation in frequent and ongoing training is essential. Lifeguards must be able to recognize hazardous situations to prevent injury. They must be able to supervise swimmers, minimize dangers, educate facility users about safety, enforce rules and regulations, provide assistance and perform rescues. Specialized courses provide training in pools, waterparks and non-surf waterfronts.

Being a lifeguard carries a significant professional responsibility, but lifeguarding also offers opportunities for personal growth. Experience as a lifeguard can help one develop professional and leadership skills that will last a lifetime—through college career and family.

There are a half million Red Cross trained lifeguards working at swimming pools water parks and waterfronts across our country every day. On the job, these lifeguards are part of a critical force for good — ensuring the safety of patrons and protecting lives. Do you have what it takes?

THEN



To be considered for membership in the U.S. Lifesaving Corps, individuals were required to:

- Have good swimming skills.
- Be 18 years of age or older.
- Be of good character.

To become a member, individuals were required to:

- Answer in writing five questions.
- Explain and demonstrate the Sylvester and Schafer methods of artificial respiration.
- Tow a person of their own weight a distance of 50 feet.

- Keep a person of their own weight dressed in trousers, coat and shoes, afloat for one minute.
- Dive from the surface to a reasonable depth and bring to the surface a 10-pound sand bag.
- Break the following holds:
 - Wrist hold
 - Front neck hold
 - Back neck hold
 - Both arms and body
 - Over and under shoulder



American Red Cross

NOW



To participate in a Red Cross Lifeguarding course, individuals must:

- Be at least 15 years old.
- Swim 300 yards continuously demonstrating breath control and rhythmic breathing.
- Tread water for 2 minutes using only the legs.
- Complete a timed event within 1 minute, 40 seconds:
 - Starting in the water, swim 20 yards.
 - Surface dive, feet-first or head-first, 7 to 10' to retrieve a 10-pound object.
 - Return to the surface and swim 20 yards on the back to return to the starting point.
 - Exit the water without using a ladder or steps.

To become certified, individuals must demonstrate the ability to:

- Enter the water, approach and assist a distressed swimmer or rescue an active and passive victim or multiple victims, and safely remove the victim from the water.
- Rescue an active victim in shallow or deep water.
- Rescue a submerged victim in shallow or deep water.

- Perform front and rear head-hold escapes.
- Provide care for a breathing or cardiac emergency, including performing one-and two-rescuer CPR and using an automated external defibrillator (AED).
- Provide first aid care for a victim of sudden illness, injuries and shock.
- Care for victims with head, neck or spinal injuries on land or in the water.
- Successfully complete two written exams:
 - CPR/AED for the Professional Rescuer and First Aid
 - Lifeguarding and Caring for Head, Neck and Spinal Injuries

