



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

American Red Cross Lifeguard Training Course Information Packet

Welcome to Lifeguard Training

The purpose of this course is to teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. Course content and activities prepare participants to recognize and respond quickly and effectively to emergencies, helping to prevent drowning and injuries.

Prerequisites

Age Requirement: Participants must be at least 15 years old by the last day of the course.

Swimming Skills Evaluations: Participants must successfully complete both of the following swimming skills evaluations before beginning the course:

Prerequisite 1: Complete a swim-tread-swim sequence without stopping to rest	Prerequisite 2: Complete a timed event within 1 minute, 40 seconds
<ul style="list-style-type: none">• Jump into the water and totally submerge, resurface then swim 150 yards using the front crawl, breaststroke or a combination of both, demonstrating breath control and rhythmic breathing. (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	<ul style="list-style-type: none">• Starting in the water, swim 20 yards. (The face may be in or out of the water. Swim goggles are not allowed).• Submerge to a depth of 7 - 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 out at or near the surface.• Exit the water without using a ladder or steps.

The prerequisite skills session occurs prior to the first day of class. Candidates are given **two (2)** opportunities to perform each prerequisite swimming skill evaluation. If a second attempt is necessary, it may not be possible to conduct the evaluation on a different day. Candidates who do not successfully pass the prerequisite skills session will not proceed with the course, and the deposit is non-refundable.

Course Objectives

- During their training, participants are required to demonstrate knowledge acquisition and skill competency in four main areas:
 - Foundational lifeguarding concepts (recognizing distress and drowning, surveillance and scanning, and recognizing and preventing injury)
 - Water rescue and extrication
 - Resuscitation (including CPR/AED for Professional Rescuers) and first aid for adults, children, and infants
 - Individual and team rescue and response



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Lifeguard Training Program Goals and Outcomes:

- Demonstrate the professionalism required for working as a lifeguard.
- List the lifeguard's responsibilities related to ensuring a safe physical environment for patrons.
- Understand the lifeguard's critical role in preventing death and disability from drowning.
- Identify the behaviors of a swimmer, a distressed swimmer, an active drowning person, and a passive drowning person.
- Demonstrate proper technique for scanning and rotations.
- Describe the general procedure to follow when responding to a water emergency.
- Demonstrate how to safely and effectively perform assists to persons in the water.
- Demonstrate how to safely and effectively rescue a person when they are at or near the surface of the water or submerged.
- Demonstrate how to safely and effectively extricate a person from the water using rapid extrication techniques.
- Demonstrate how to safely and effectively rescue and extricate a person from the water using spinal motion restriction techniques.
- Describe the general procedure to follow when responding to a medical emergency.
- Demonstrate care for respiratory arrest using a resuscitation mask and a bag-valve-mask (BVM) resuscitator.
- Demonstrate high-quality CPR and use of an automated external defibrillator (AED) as a single rescuer and as part of a multiple-rescuer team response with up to 4 rescuers.
- Demonstrate the ability to work as part of a team to implement an emergency action plan (EAP), perform a rapid and secondary assessment, and provide resuscitative or first aid care.
- Recognize and care for sudden illnesses and injuries that may affect people in an aquatic facility.

Certification Requirements

To earn certification, participants must:

- Complete all online course content in advance of the corresponding in-person sessions, as outlined by the course syllabus.
- Attend the entire course and participate in all class sessions.
- Actively participate in all course activities, including assuming various roles during skill practices, skill drills, activities, and scenarios.
- Demonstrate proficiency in all skills.
- Pass the final written exam with a minimum grade of 80 percent.
- Pass the three (3) final skill assessments which include:

Assessment 1—Timed Response:

- Participants must complete a passive submerged rescue, extricate with the assistance of an assisting rescuer, and rapid assessment (including the delivery of 2 initial ventilations by either rescuer) within 1 minute, 30 seconds, and then provide 3 minutes of single-rescuer CPR.

Assessment 2—Rotation and Scanning:

- Participants must rotate into the lifeguard station, conduct surveillance from the station for 1 minute, and rotate out of the station.

Assessment 3—Final Team Response Testing Scenario:

- Participants must perform a passive submerged rescue, extrication and rapid assessment, followed by multiple-rescuer CPR and use of AED and BVM resuscitator.



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Lifeguard Participant Checklist:

Bring to the Prerequisite Skill Session:

- Proof of Age: Birth Certificate, passport, or US Driver's License (We do not retain copies - providing us with a photocopy is not necessary).
- Course Participant Agreement form with necessary signatures (See next page attached).

Bring to All Class Sessions:

- Lifeguard Training Participant Manual (Digital Copy Instructions will be provided following successful completion of the Prerequisite Skill Session).
- Pocket Mask (Provided in class)
- Proof of completion of assigned online coursework (Digital or print is accepted).
- 2-3 Beach Towels
- Swim Suit - Female participants are asked to wear a one-piece racing or athletic suit (two-piece bathing suits are not permitted); male participants are asked to wear either board shorts or swim trunks (Speedo/Brief style swim suits are not permitted).
- Comfortable clothing
- Notebook
- Writing Utensils - Pens, pencils or highlighters
- 2-3 small snacks
- 2-3 beverages
- Lunch or dinner meal for all sessions over four hours long.



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Lifeguard Course Participant Agreement:

This form must be submitted to the instructor performing the prerequisite skill evaluation. Incomplete forms will not be accepted.

Please print your information below. This information will be used when submitting your information upon successful completion of the course. All course information, including certification will be emailed to the address written below. **We strongly recommend against using school accounts as they often will not let emails from external servers through.**

PARTICIPANT INFORMATION – Please print neatly

First Name	M.I.	Last Name		
Email Address		Phone Number	Age	Sex

PARTICIPANT ACKNOWLEDGEMENT

I, _____, hereby acknowledge that I am aware of the prerequisites, expectations and guidelines for the Lifeguard Certification course for which I have registered.

I acknowledge that:

- Prerequisite Skill Session and Payment**
I understand that the prerequisite skill session must be completed prior to the first day of the course. The balance of the class fee is due upon successful completion of the prerequisite skill session.
- Certification Disclaimer**
I understand that successful completion of the course and obtaining certification require meeting all course requirements, including demonstrating skill competency and passing exams. Certification is not guaranteed.
- Refund Policy**
I acknowledge that no refunds will be issued if I am unable to successfully complete the course for any reason, including failure to meet physical or skill requirements, or non-compliance with course expectations.
- Physical and Participation Requirements**
I understand that full participation in this course is essential and that I must be physically able to perform activities such as swimming, bending, stooping, sitting, standing, running, and reaching.
- Attendance Policy**
I understand that attendance at all scheduled sessions is mandatory. Missing any portion of the course may result in my inability to complete the training.
- Dress Code**
I acknowledge that appropriate swim attire is mandatory for in-water sessions. Failure to comply with the dress code may result in dismissal from the course.
- Hands-On Learning Environment**
I understand that the training involves hands-on learning activities, including the practice of life-saving skills and rescues. During these activities, incidental contact (e.g., bumps, kicks, or elbows) may occur.
- Course Assignments and Exams**
I agree to complete all assigned tasks and activities, which include homework, self-study, in-class activities, in-water skills practice, and written and practical exams, as required to successfully complete the training.

PARTICIPANT SIGNATURE

Participant Signature	Date
Parent/Guardian Signature (if participant is a minor)	Parent/Guardian Name Date

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Licensed Training Provider