



IOWA REGULAR BAPTIST CAMP

Part Time Staff Lifeguard Application 2026

(Turn in with the part time staff application)

Name _____ Age _____

***All Lifeguards must be willing to work a minimum of four weeks.
This does not guarantee you will be hired for four weeks.**

Previous Red Cross Swim Training Completed

- | | |
|---|---|
| <input type="checkbox"/> Introduction to Water Skills | <input type="checkbox"/> Stroke Refinement |
| <input type="checkbox"/> Fundamental Aquatic Skills | <input type="checkbox"/> Swimming & Skill Proficiency |
| <input type="checkbox"/> Stroke Development | <input type="checkbox"/> Jr. Lifeguarding |
| <input type="checkbox"/> Stroke Improvement | <input type="checkbox"/> Lifeguarding |
| <input type="checkbox"/> Other: _____ | |

Location and Dates of Last Training _____

Previous Red Cross First Aid Training Completed: ☐ Standard First Aid ☐ Community CPR

Course Pre-Requisites

According to the Red Cross manual, you will be required to perform the following skills during our first session together.

14 Year Old Lifeguards are only eligible to receive a Jr. Lifeguarding Certificate. For IRBC purposes you will be tested on the skills below.

15 Years Old & Older

- ✓ Swim 500 yards continuously using each of the following strokes:
All strokes must use rhythmic breathing with your face in the water.
 - 200 Yard Front Crawl
 - 100 Yard Breaststroke
 - 200 Yards using either Front Crawl or Breaststroke.
- ✓ Surface dive to a minimum depth of 9 feet and bring a 10 pound diving brick to the surface.

Supplies

Lifeguards are required to purchase the supplies listed below. You may order them through IRBC or purchase on your own and bring them with you to Water & Work Week.

I would like to purchase the following from IRBC:

- ☐ Red Cross Lifeguard Training Book, copyrighted 2024 (the 2017 version cannot be used) - \$35
- ☐ CPR Mask (Adult/Infant) - \$10
- ☐ Lifeguard Fanny Pack & Whistle - \$7

- ☐ I already own some/all of the above items and will bring them to WWW.
- ☐ I understand I am required to bring my own water shoes to WWW & when I am working this summer.
- ☐ I have enclosed a check for the supplies I am ordering from IRBC.

Upon completion of requirements, you will receive the Red Cross Certification and an IRBC Lifeguard Shirt. Returning lifeguards are required to complete the training each year. IRBC will only pay for Red Cross re-certification when your current one expires (every two years).