



r. 24 Lifeguarding (Including Deep Water) Fact Sheet

Course Purpose

The primary purpose of the courses in the American Red Cross Lifeguarding program is to provide participants with the knowledge and skills needed to:

- Prevent, recognize and respond to aquatic emergencies.
- Provide professional-level care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services (EMS) professionals take over.

Lifeguarding (Including Deep Water) training is conducted and evaluated in water depths ranging from 0 feet to water 7 feet and greater (ranging from 8-12 feet maximum, depending on the depth of the facility in which the training is conducted).

Note: For information on other courses within the Lifeguarding program, please see the Fact Sheets for

- *Shallow Water Lifeguarding (water up to 5, 6, or 7 feet)*
- *Aquatic Attraction Lifeguarding (water up to 3 feet)*
- *Waterfront Skills Module*
- *Waterpark Skills Module*

Course Prerequisites

To participate in the Lifeguarding (Including Deep Water) course, participants must:

- Be at least 15 years old on or before the final scheduled session of the Lifeguarding course.
- Successfully complete the two prerequisite swimming skills evaluations:

Prerequisite 1: Complete a swim-tread-swim sequence without stopping to rest:	Prerequisite 2: Complete a timed event within 1 minute, 40 seconds:
• Jump into the water and totally submerge, resurface then swim 150 yards using the front crawl, breaststroke or a combination of both. (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	• 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.

Note: If the Lifeguarding course includes training for the Waterfront Skills module, additional prerequisite swimming distances and skills are required. See the Waterfront Skills Module Fact Sheet for more information.

Course Length

There are two delivery options for taking the Lifeguarding course.

- **Instructor-led training (ILT)** Lifeguarding course is conducted by a Red Cross-certified Lifeguarding instructor. There are no online sessions to complete. The total course instruction time, including the precourse session, is 27 hours, 25 minutes, not including breaks. Expect additional time to be added to the course length to accommodate breaks/transitions.
- **Blended learning (BL)** combines online sessions with in-person sessions conducted by a Red Cross-certified Lifeguarding instructor. Total course instruction time is 27 hours, 30 minutes:
 - The online session for the Lifeguarding course has 16 modules and takes approximately 6 hours to complete all modules of the online session. Each individual module takes approximately 15 – 30 minutes to complete.
 - The total instruction time for the in-person sessions, including the precourse session, is 21 hours, 30 minutes. Expect additional time to be added to the course length to accommodate breaks/transitions.

Participant Course Materials

American Red Cross *Lifeguarding Manual* (print or ebook)

Lifeguarding course participants must have access to their own manual throughout the course. When using a digital manual, a tablet or laptop should be used during class to ensure proper viewing. The instructor of the course will provide access to obtain the ebook.

Print materials are available on the Red Cross store (redcross.org/store).

Certification Requirements

To earn certification, participants must:

- Complete all online course content in advance of the corresponding in-person sessions (blended learning courses only).
- 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.

Certification

Participants who successfully complete the Lifeguarding course will be issued the following American Red Cross certificate: **Lifeguarding (Including Deep Water) with CPR/AED for Professional Rescuers and First Aid** that is valid for 2 years.

To maintain the Lifeguarding certification, a currently certified lifeguard must successfully complete the American Red Cross Lifeguarding Recertification course or the full Lifeguarding course again prior to certificate expiration. A 30-day grace period may apply but it does not extend the certification beyond the 2 years.

Once the Lifeguarding certification is expired, a participant must successfully complete the American Red Cross Lifeguarding course.

Instructor

To instruct American Red Cross Lifeguarding courses, the instructor must hold a current American Red Cross Lifeguarding Instructor certification.

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

The following are high-level program objectives:

- 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.

Lifeguarding Course Content

The Professional Lifeguard and Setting the Stage for Safety

- Working as a Lifeguard
- Professionalism on the Job
- Ongoing Training
- Legal Considerations for Lifeguards
- Government Regulations and Standards
- Setting the Stage for Safety
- Entries and Approaches
- Ready to Respond?

Surveillance and Preventive Lifeguarding

- The Lifeguard's Role in Preventing Drowning Incidents
- The Drowning Process
- Recognition
- Scanning
- Zones of Surveillance
- Rotations
- Rescue Ready or Not?
- Enforcing the Rules
- Guarding Activities and Attractions
- Guarding Organized Groups
- Zone Verification Drills
- Scanning and Rotations

Responding to Emergencies and Rescue Skills – Part 1

- Emergency Preparedness and Response
- Responding to Water Emergencies
- Water Rescue Skills—At or Near the Surface
 - Active Rescues

- Passive Rescues
 - Skill Drills
- Putting it All Together, Implementing an EAP

Rescue Skills—Part II

- Surveillance Activity I
- Water Rescue Skills—Submerged
- Rapid Extrication
- Putting It All Together, Rescue and Extrication

Lowering the Risk for Infection, Rapid Assessment and Ventilations

- Lowering the Risk for Infection
- Responding to Medical Emergencies
- Rapid Assessment
- Using a Resuscitation Mask
- Using a Bag-Valve-Mask Resuscitator
- Giving Ventilations
- Putting It All Together: Rescue, Extrication, Rapid Assessment and BVM
- Lifeguard Station Response Time Testing Drill
- In-Water Ventilations

CPR, AED and Obstructed Airway Care

- Cardiac Arrest and the Cardiac Chain of Survival
- Providing High Quality CPR
- Single-Rescuer CPR (Adult/Child)
- Single-Rescuer CPR (Infant)
- Two-Rescuer CPR (Adult/child/infant)
- Using an AED
- Safe and Effective AED Use
- Obstructed Airway Care (Adult/child)
- Obstructed Airway Care (Infant)
- Multiple-Rescuer Team Response
- Multiple-Rescuer Team Response Scenarios

First Aid for Sudden Illnesses and Injuries

- Surveillance Activity II
- Secondary Assessment
- General Care for First Aid Emergencies
- Breathing Emergencies
- Sudden Illnesses
- Environmental Emergencies
- Decision-Making in First Aid Emergencies
- External Bleeding
- Musculoskeletal Injuries

- In-water Escapes
- Multiple-Rescuer Team Response Scenarios

Head, Neck and Spinal Injuries

- Surveillance Activity III
- Head, Neck, and Spinal Injuries
- In-Line Stabilization
- Extrication Using Spinal Motion Restriction

Course Conclusion

- Employment and Career Development
- Final Written Exam
- Final Skill Assessments