To enroll in the Lifeguarding course, you must be at least 15 years old before the last scheduled class session. To participate in the course, you must be able to pass a prerequisite swimming skills evaluation, which includes two parts and takes place during the first in-person session.

Please be aware that the prerequisite tests and skill practice sessions in the Lifeguarding course involve strenuous physical activity.

- Prerequisite 1: Jump in, submerge, resurface and swim 150 yards continuously, tread water for 2 minutes, and then swim 50 more yards. While swimming, you must keep your face in the water and demonstrate good breath control. You may swim using the front crawl, breaststroke or a combination of both. Swimming on the back or side is not permitted. **Swim goggles are allowed**. When treading, you must use only your legs.

- Prerequisite 2: Complete a timed event within 1 minute, 40 seconds. Starting in the water, swim 20 yards. Your face may be in or out of the water. **<u>Swim goggles are not allowed</u>**. Surface dive (head-first or feet-first) to a depth of 7 to 10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on your back to return to the starting point, holding the object at the surface with both hands and keeping your face at or near the surface. Swimming the distance underwater is not permitted. Exit the water without using a ladder or the steps.

During the first in-person session, you will be required to provide proof of age and identity. Acceptable forms of identification include a driver's license, state identification card, passport, or birth certificate. If a birth certificate is used to provide proof of age, an additional form of identification with a photo is also needed to provide proof of identity.

<u>Per our facility dress code, a 1-piece swim suit is required for the women.</u>

This course follows a blended learning model, which combines online coursework with in-person sessions. You will receive an email from the American Red Cross with instructions for accessing the online course content.

To get started, log in to the Red Cross Learning Center and from your home page, click on the class. Please plan to complete all the assigned online course modules at least 2 days prior to the in-person session.

The online course content (16 modules) is designed to be completed in approximately 6 hours, with each module taking between 15 and 30 minutes to complete. You may require more or less time to complete each module. We recommend beginning the online coursework as soon as possible to ensure that you can complete all the assigned online modules in advance of the corresponding in-person sessions.