

# ARC – American Red Cross Lifeguard Course Description and Outline

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).

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 three prerequisite swimming skills evaluations:
  - Complete a swim-tread-swim sequence without stopping to rest:
    - 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
  - Complete a timed event within 1 minute, 40 seconds:
    - 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.

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.