



Together, we can save a life

# Fact Sheet

Health and Safety Services

---

## Health and Safety Programs

---

<b>COURSE:</b>	<b>Lifeguard Training and First Aid</b>
<b>Course Code:</b>	<b>34700</b>
<b>Purpose</b>	To teach lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies, and prevent drownings and injuries.
<b>Prerequisites</b>	<ul style="list-style-type: none"><li>• Be at least 15 years of age by the last scheduled session of the course.</li><li>• Swim 500 yards continuously, using these strokes in the following order:<ul style="list-style-type: none"><li>◦ 200 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or to the front;</li><li>◦ 100 yards of breaststroke; and</li><li>◦ 200 yards of front crawl using rhythmic breathing and/or breaststroke. The last 200 yards may be a mixture of front crawl and breaststroke.</li></ul></li><li>• Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return to the surface and swim 20 yards back to the starting point with the object. When returning to the starting point, the participant's face must remain above the water, and the participant must hold the 10-pound object with both hands.</li></ul>
<b>Learning Objectives</b>	<ul style="list-style-type: none"><li>• Understand the value of behaving in a professional manner;</li><li>• Learn how to identify behaviors of a distressed swimmer and an active or passive drowning victims;</li><li>• Understand the components of an emergency action plan and how to activate it;</li><li>• Understand the general procedures for a water emergency when rescuing a victim;</li><li>• Demonstrate how to perform equipment-based rescues;</li><li>• Learn how to give first aid and how to care for breathing and cardiac emergencies; and</li><li>• Learn how to recognize and care for possible head, neck and back injuries.</li></ul>
<b>Length</b>	Approximately 28 ¼ hours (including the precourse session)
<b>Instructor</b>	Currently authorized Lifeguarding instructor.
<b>Certification Requirements</b>	<ul style="list-style-type: none"><li>• Attend and participate in all course sessions;</li><li>• Successfully perform all required skills;</li></ul>



Together, we can save a life

# Fact Sheet

Health and Safety Services

- 
- Successfully complete three final skill scenarios; and
  - Pass the written exam with a score of 80 percent or better on each section.
- 

**Certificates Issued and Validity Periods**

Lifeguard Training and First Aid — 3 years  
CPR for the Professional Rescuer — 1 year

---

**Participant Materials**

*American Red Cross Lifeguard Training Participant's Manual* (Stock No. 655720)