



Lopez Swim Center – American Red Cross Lifeguard Certification, Prerequisites

The Lifeguard Training (LGT) class is designed to train participants to be effective professional lifeguards. After successful completion of this course, participants will be certified under the American Red Cross for two (2) years in the following: Lifeguarding, First Aid, and CPR/AED for the Professional Rescuer (C-PRO).

Lifeguarding Course Prerequisites

To be eligible for the LGT course, the participant must be 15 years of age by the final class meeting and must successfully complete the following prerequisites:

Prerequisite #1: Complete a swim—tread—swim sequence without stopping to rest:

- Jump into water and totally submerge, resurface, then swim 150 yards using the front crawl, breaststroke, or 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 combination of both.

Prerequisite #2: 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.)
- Surface dive (feet-first or head-first) to a depth of 7 to 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.