



**American  
Red Cross**

## Shallow Water Lifeguard

### Prerequisites

- Must be 15 years old on or before the final scheduled session of this course.
- Swim 100 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles are allowed.
- Tread water for 2 minutes using only the legs. Candidates should place their hands under their armpits.
- Complete a timed event within 50 seconds.
  - Starting in the water, swim 20 yards using the front crawl or breaststroke. The face may be in or out of the water. Swim goggles are not allowed.
  - Submerge to a depth of 4 to 5 feet to retrieve a 10-pound object. Return to the surface and walk or swim 20 yards to return to the starting point with both hands holding the object at the surface of the water.
  - Exit the water without using a ladder or steps.

### Purpose

The purpose of the Shallow Water Lifeguarding course is to provide entry-level shallow water lifeguard participants with the knowledge and skills needed to prevent, recognize and respond to aquatic emergencies in shallow water up to 5 feet deep, and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

### Certification Requirements

- Attend and participate in all class sessions
- Demonstrate competency in all required skills and activities
- Demonstrate competency in all required final rescue skill scenarios
- Pass both the Section 1-CPR/AED for the Professional Rescuer and First Aid and Section 2-Shallow Water Lifeguarding Skills final written exams with minimum grades of 80 percent.

### Certification Validity

American Red Cross certificate for Shallow Water Lifeguarding/First Aid/CPR/AED: 2 years

### Length of Class

Approximately 24 hours