Lifeguarding Precourse Skills Checklist NAME OF PARTICIPANT <u>⊝</u> 7 œ. 6 LIFEGUARDING COURSE AND WATERPARK SKILLS MODULE 1. Swim 300 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 may be used. 2. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits. 3. 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 10pound object. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so

they are able to get a breath. Candidates should not swim the distance under water.

Exit the water without using a ladder.

^{*} When teaching the Lifeguarding course, if the pool has a maximum depth of 6 feet, an alternate timed event can be used as part of the prerequisite swimming skills evaluation. All other class activities must be taught in water depth as described in the activity or skill session directions.

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 WATERFRONT SKILLS MODULE Swim 550 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 may be used. 										
 2. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits. 										
 3. 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 with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. Exit the water without using a ladder. 										
4. Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4 to 7 feet of water, resurface and continue to swim another 5 yards to complete the skill sequence.										

SHALLOW WATER LIFEGUARDING C	OUR	SE SE	3.	4.	5.	ý	7.	æ	6	10.
1. 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.										
2. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.										
 3. 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. 										

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AQUATIC ATTRACTION LIFEGUARDING (WATER ≤ 3') COURSE										
 Complete the water competency sequence: Step into the water from the side and totally submerge. Recover to the surface, then maintain position for 1 minute by treading water or floating (or a combination of the two) Rotate one full turn and orient to the exit. Level off and swim on the front or back, 25 yards. Exit the water without using steps or a ladder. 										
 2. Complete a timed event within 50 seconds. Starting in the water, walk or swim 20 yards. Swim goggles are not allowed. Submerge to a depth of 3 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. 										