



Lifeguarding Review Courses

Recertification Prerequisite:

- Swim 300 yards continuously demonstrating breath control and rhythmic breathing
- Tread Water for 2 mins using only the legs
- Complete a timed event with in 1 minute, 40 secs
Start in the water, swim 20 yards, surface dive, feet- first or head-first, to a depth of 7 to 10 feet to retrieve a 10 pound object. Surface and swim 20 yards on back with hands holding object. Exit water without using ladder or steps.

Purpose:

The primary purpose of the newly revised Lifeguarding program is to train lifeguards to act with speed and confidence in emergency situations both in and out of the water. Topics to be review include water rescue skills, surveillance and recognition, first aid, breathing and cardiac emergencies, CPR, AED and more.

Participants will have the opportunity to review the course content within a formal course setting. The review course format optimizes a participant's ability to successfully complete the knowledge and skills evaluations.

Each participant will have the opportunity to practice and perform skills for evaluation and complete the final written exam(s) for the course being reviewed. The skills should include a video review and a demonstration prior to skill practice.

Recertification:

Individuals with a current Lifeguarding/First Aid/CPR/AED certificate must successfully complete the review course to earn recertification in Lifeguarding/First Aid/CPR/AED or Shallow Water Lifeguarding/First Aid/CPR/AED.

Length:

The Lifeguarding Review Course Total Approximate time of 9 hours