

# Lifeguarding Precourse Skills Checklist

NAME OF PARTICIPANT	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
	<b>LIFEGUARDING COURSE AND WATERPARK SKILLS MODULE</b>									
<p><b>1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing.</b></p> <ul style="list-style-type: none"> <li>■ Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed.</li> <li>■ Swim goggles may be used.</li> </ul>										
<p><b>2. Tread water for 2 minutes using only the legs.</b></p> <ul style="list-style-type: none"> <li>■ Candidates should place their hands under the armpits.</li> </ul>										
<p><b>3. Complete a timed event within 1 minute, 40 seconds.*</b></p> <ul style="list-style-type: none"> <li>■ Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.</li> <li>■ Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.</li> <li>■ 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.</li> <li>■ Exit the water without using a ladder.</li> </ul>										

*\* 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.*





