

Program Prerequisite Skills			
	Swimming	Treading Water	Timed Event
Lifeguarding and Waterpark Skills Module	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.	Tread water for 2 minutes, using only the legs. Candidates should place their hands under the armpits.	Complete a timed event within 1 minute and 40 seconds: <ul style="list-style-type: none"> ■ Starting in the water, swim 20 yards. 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 in order to breathe (or to get a breath). ■ Exit the water without using a ladder or steps.
Shallow Water Lifeguarding	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 may be used.	Tread water for 2 minutes, using only the legs. Candidates should place their hands under their armpits.	Complete a timed event within 50 seconds. <ul style="list-style-type: none"> ■ 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. ■ Exit the water without using a ladder or steps.