



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## COURSE PRE-REQUISITES

THESE ARE THE SKILLS THAT YOU NEED TO DEMONSTRATE IN ORDER TO PARTICIPATE IN THE LIFEGUARD COURSE. THESE SKILLS WILL BE SHOWN TO YOUR INSTRUCTOR ON YOUR FIRST DAY AT CAMP.

1. Swim 550 yards (approx. 500m) continuously, demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl (freestyle), breast-stroke or a combination of both. Swimming on the back or side is not allowed. Swim goggles may be used.
2. Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in water that is up to 7 feet deep (approximately 2m), resurface and continue to swim another 5 yards to complete the skill sequence. Swim goggles may be used.
3. Tread water for 2 minutes, using only the legs. Candidates should place their hands under the armpits.
4. Complete a timed event within 1 minute and 40 seconds
  - a. Starting in the water, swim 20 yards. The face may be in or out of the water. No swim goggles allowed.
  - b. Surface dive, feet first or head first, to a depth of 10 feet (approx. 3m) to retrieve a 10-pound object (4.5kg)
  - c. 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 that they are able to get a breath.
  - d. Exit the water