

Lifeguard & Water Safety Instructor Training

City of Portland Recreation

212 Canco Rd, Portland, Maine 04103

Phone 207.874.8456 / Fax 207.878.2731

e-mail: clepage@portlandmaine.gov



LIFEGUARD TRAINING

Interested in a great summer job or challenging career as a professional lifeguard? The primary purpose of the American Red Cross lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. Successful completion results in a 2-year certification in lifeguarding that includes first aid, professional-level CPR and AED in one certificate. Digital certificate available upon successful completion of course.

To enroll in the Lifeguard Training Course, candidates must:

1. Be at least 15 years old on or before the final scheduled session of the course. *Participants must provide proof of age.*
2. 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. *Goggles may be used for this prerequisite skill but cannot be used for any other parts of the pre-course session or during the course.*
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, 40 seconds:
 - Starting in the water, swim 20 yards. Swim goggles are not allowed.
 - Surface dive, feet-first or headfirst, 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.
 - Exit the water without using a ladder or steps.

WATER SAFETY INSTRUCTOR TRAINING

The American Red Cross Water Safety Instructor course trains instructor candidates to teach courses and presentations in the Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants' progress. Successful candidates are eligible to teach Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim, three adult-focused courses as well as the Basic Water Rescue and Personal Water Safety courses and more. While the course covers basic rescue skills, candidates will not be trained to function as a lifeguard.

To enroll in the **Water Safety Instructor** Course, you must be at least 16 years of age before the last scheduled class session and must successfully complete the Pre-course Skills Session.

Water Safety Instructor Pre-Course Skills Session:

Swim the following strokes consistent with the Stroke Performance Charts of Level IV of the

Learn to Swim Program:

Front Crawl – 25 yards

Back Crawl – 25 yards

Breaststroke – 25 yards

Elementary Backstroke – 25 yards

Sidestroke – 25 yards

Butterfly – 15 yards

Maintain position on back for 1 minute in deep water (floating or sculling)

Tread water for 1 minute

Pre-course skills session: Scheduled by appointment. Must be completed no later than 1 week before the course starts.