

Purpose

The purpose of the Waterfront Skills module is to teach lifeguards the skills and knowledge needed to prevent and respond to emergencies in nonsurf, open-water areas found at public parks, resorts, summer camps and campgrounds.

Certification Prerequisites

Candidates must have a current American Red Cross certificate for Lifeguarding/First Aid/CPR/AED.

Skill Prerequisites

Candidates must:

1. Be 15 years old on or before the final scheduled session of the course.
2. Swim 550 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.
3. Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4 to 7 feet of water, resurface and continue to swim another 5 yards to complete the skill sequence.
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.
 - o Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
 - o Surface dive, feet-first or headfirst, to a depth of 7 to 10 feet to retrieve a 10-pound object.
 - o 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.

Learning Objectives

Candidates must:

- Demonstrate proficiency in all of the prerequisite skills.
- Describe the unique aspects of waterfront lifeguarding.
- Demonstrate how to perform the waterfront rescue skills safely and effectively.

Length

5 hours, 45 minutes

Instructor

Waterfront Skills Module instructors are currently certified Lifeguarding instructors or instructor trainers who have obtained a Waterfront Skills certificate, are oriented to the Waterfront Skills portion of the Lifeguarding Instructor's Manual and received authorization as a Waterfront Skills instructor from the American Red Cross Learning Center.

Certification Requirements

Candidates must:

- Attend the entire course and participate in all class sessions.
- Actively participate in all course activities, including assuming various roles during scenarios.
- Demonstrate competency in all required skills.
- Pass the final skills scenarios.
- Successfully pass final written exams with a minimum grade of 80%. If a participant fails to reach the minimum 80% on the final written exam, a retest is allowed using the other version of the exam, provided that the participant has passed the practical assessment.

Certificate Issued and Validity Period

- The American Red Cross certificate for Waterfront Skills is valid for 2 years.
- The Waterfront Skills certificate is only valid when accompanied by a current American Red Cross Lifeguarding/First Aid/CPR/AED certificate.

Participant Materials

American Red Cross Lifeguarding Manual