

## 5 Reasons to be a Lifeguard or Water Safety Instructor

1. Learn to save lives in and out of the water
2. Develop your leadership, communication and teaching skills
3. Build your resume
4. Earn money
5. Stay in great physical condition



**American  
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## Join the Next Generation of Lifeguard Training



### The new 2012 Red Cross Lifeguarding Program

- Updated to the latest ECC science
- Reflects findings from the 2011 U.S. Lifeguard Standards Coalition Report
- Shorter, more interactive training



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## Become a Lifeguard



Lifeguards protect their community by preventing, recognizing, and responding to water-related emergencies. In order to get a job at most facilities, you need to become certified, and most employers look for **American Red Cross Certification**.

Obtain your 2-year certification by taking a Lifeguarding course from the American Red Cross\*. Courses take as little as 24 hours and emphasize hands-on training, supported by classroom instruction.

### Core Courses

#### Lifeguarding

For entry-level participants at all facility types

**Course length:** Less than 26 hours

**Certification:** Lifeguarding/First Aid/CPR/AED for 2 years

#### Shallow Water Lifeguarding

For entry-level participants at facilities/attractions with water less than 5 feet deep

**Course length:** 24 hours

**Certification:** Shallow Water Lifeguarding/First Aid/CPR/AED for 2 years

Available in both traditional in-person training and the new online blended learning option. Please ask your local facility which options are offered.

Topics for our two core courses include:

- Water rescue skills
- First aid/CPR/AED
- Surveillance and recognition
- Breathing and cardiac emergencies

## Optional Add-on Modules

These are available in traditional in-person training format only. Certification in a core course is a prerequisite.

### Waterfront Skills

For non-surf, open-water areas at public parks, resorts, camps and campgrounds

**Course length:** 5½ hours

**Certification:** Waterfront Skills for 2 years

### Waterpark Skills

For waterpark environments and multi-attraction facilities

**Course length:** 3½ hours

**Certification:** Waterpark Skills for 2 years

### Administering Emergency Oxygen

How to use emergency oxygen and breathing devices, including bag-valve-mask resuscitators (BVM)

**Course length:** less than 2 hours

### Anaphylaxis & Epinephrine Auto-Injectors

How to administer an epinephrine auto-injector to an individual experiencing a severe allergic reaction

**Course length:** 1 hour

### Asthma

How to administer an asthma inhaler to an individual experiencing an asthma attack

**Course length:** 45 minutes

### Bloodborne Pathogens Training

- How bloodborne pathogens are spread
- How to avoid exposure
- What to do if exposed to infectious material

Choose classroom or new online training options

**Course length:** 1 to 2 hours

## Also Available

### Lifeguarding Instructor Course

Certifies individuals to teach all of the courses listed in this brochure

### Water Safety Instructor Training

Learn to teach children and adults water safety, survival and swimming skills. Also make community water safety presentations.

**Course length:** 30½ hours

**Certification:** Water Safety Instructor for 2 years



## American Red Cross

\* You must be at least 15 years old.