



Red Cross Lifeguard Training Course (LGT) Prerequisites:

This course is strictly limited to those individuals that are at least age 15 by conclusion of the course and are able to successfully demonstrate the prerequisite swimming skills evaluation. The prerequisite swimming skills evaluation is completed on the first day and includes the following skills.

1. 300 yard swim: Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may use front crawl, breaststroke, or a combination of both, but swimming on the back is not allowed. Swim goggles may be used.
2. Tread water: Tread water for 2 minutes using only the legs. Candidates must place their hands under their armpits and keep their head above water.
3. Times event: Starting in the water, swim 20-yards using front crawl or breaststroke, surface dive 12 feet, retrieve a 10-pound dive brick, return to the surface, swim 20-yards on the back returning to the starting point with both hands holding the brick and exit the water without using a ladder or steps. Must be completed within 1 minute, 40 seconds. Swim goggles are not allowed. Candidates should not swim the return distance under water.

*Bring towel, dry clothes, a snack, and appropriate swim wear to each class.