

Red Cross Lifeguarding Skills Checklist

Proficiency must be demonstrated in the following skills by the end of each class. A candidate who cannot achieve proficiency on schedule will be considered “performing below standard” and may not be able to complete the class.

Class 1:

- 300 yard (or 550 yard) non-stop swim using front crawl and breast stroke
- Tread water for 2 minutes without using arms
- Brick retrieval in less than 1 minute 40 seconds (10 feet)

Class 2:

- Slide-in entry and walking approach
- Slide-in entry and swimming approach
- Stride jump entry
- Compact jump entry
- Modified front crawl approach
- Modified breaststroke approach
- Victim recognition
- Lifeguard rotation
- Attempt to retrieve object from bottom (13 feet)
- Simple assist
- Reaching assist from the deck
- Active victim front rescue
- Active victim rear rescue
- Passive victim front rescue
- Passive victim rear rescue
- Passive victim tow
- Multiple victim rescue
- Retrieve object from bottom (13 feet)
- Passive submerged victim in shallow water
- Feet-first surface dive to the bottom in deep water (13 feet)
- Head-first surface dive to the bottom in deep water (13 feet)
- Submerged passive victim in deep water (13 feet)
- Extrication using a backboard at the pool edge
- Extrication using a backboard at the steps
- Front head-hold escape
- Rear head-hold escape

Class 3:

- Demonstrate proper use of personal protective equipment
- Demonstrate proper use of resuscitation masks
- Accurately perform a Primary Assessment – Adult, Child, Infant
- Properly move a victim
- Demonstrate giving ventilations – Adult, Child, Infant
- Give ventilations using a Bag-Valve-Mask Resuscitator with two rescuers
- Proper care for conscious choking victim – Adult, Child, Infant
- Demonstrate the recovery position
- Putting on gloves with wet hands
- Passive victim removal from water, Primary Assessment, rescue breathing

Class 4:

- Properly perform single rescuer CPR – Adult, Child, Infant
- Properly perform two rescuer CPR – Adult, Child, Infant
- Demonstrate proper use of AED
- Proper care for unconscious victim with airway obstruction – Adult, Child, Infant
- Passive victim removal from water, Primary Assessment, CPR (timed)
- Multiple rescuer response

Class 5:

- Accurately perform a Secondary Assessment
- Understand proper care for sudden illnesses
- Understand proper care for injuries
- Control external bleeding
- Demonstrate proper care for spinal injuries on land
- Backboard a standing victim on land
- In-water ventilations – shallow and deep water
- Head splint – face-up victim in shallow water
- Head splint – face-down victim in shallow water
- Head splint – face-up victim in deep water
- Head splint – face-down victim in deep water
- Spinal backboarding in shallow water
- Spinal backboarding in deep water

Class 6:

- Pass the CPR/AED/First Aid exam with a score of 80% or better
- Pass the Lifeguarding Skills exam with a score of 80% or better
- Demonstrate ability to administer emergency oxygen
- Show proficiency on all rescue skills

Class 7:

- Pass the Administering Emergency Oxygen exam with a score of 80% or better
- Pass the Waterfront Lifeguarding Skills exam with a score of 80% or better
- Pass the Waterpark Lifeguarding Skills exam with a score of 80% or better
- Demonstrate ability to “Put it all together”
- Demonstrate ability to perform when things do not go as practiced
- Accurately demonstrate all skills learned in the lifeguarding course

Class 8:

- Based on two scenarios, demonstrate ability to think, analyze a situation, recognize a victim or victims, perform the appropriate rescue and provide the proper care

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