

Red Cross Lifeguarding Skills Checklist – 2024

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

Pretest:

- 150-yard continuous swim using front crawl and breaststroke (350 yards for Waterfront LG)
- Immediately tread water for 2 minutes without using arms
- 50-yard continuous swim (200 yards for Waterfront LG)
- Brick retrieval in less than 1 minute 40 seconds (10 feet) – Includes 20-yard swim

Entries, Approaches, Rescues on the Surface, Passive Submerged Rescues:

- Run-and-Swim entry
- 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
- Drowning person recognition
- Lifeguard rotation
- Simple assist
- Reaching assist from the deck
- Active front rescue
- Active rear rescue
- Passive front rescue
- Passive rear rescue
- Multiple drowning person rescue
- Front head-hold escape
- Rear head-hold escape
- In-water ventilations – shallow and deep water
- Submerged passive person in shallow water
- Feet-first surface dive to the bottom in deep water
- Head-first surface dive to the bottom in deep water
- Submerged passive person in deep water
- Two-rescuer drowning person removal from the water using a backboard
- Passive removal from water, Rapid Assessment, rescue breathing (timed)
- Passive removal from water, Rapid Assessment, CPR (timed)

Rescue Breathing, CPR, AED:

- Demonstrate proper use of personal protective equipment
- Demonstrate proper use of resuscitation masks
- Accurately perform a Rapid Assessment – Adult, Child, Infant
- Properly move an injured person on land
- Give ventilations using a Bag-Valve-Mask Resuscitator with two rescuers
- Demonstrate rescue breathing – Adult, Child, Infant

- Proper care for conscious choking person – Adult, Child, Infant
- Proper care for unconscious choking person – Adult, Child, Infant
- Properly perform single rescuer CPR – Adult, Child, Infant
- Properly perform two rescuer CPR – Adult, Child, Infant
- Demonstrate proper use of AED

First Aid, Sudden Illness, Sudden Injury:

- Accurately perform a Secondary Assessment
- Understand proper care for sudden illnesses
- Understand proper care for injuries
- Demonstrate control of external bleeding
- Apply several types of splints
- Demonstrate proper care for spinal injuries on land
- Demonstrate ability to administer emergency oxygen

Head, Neck and Spinal Injury Management:

- Head splint – face-up person in shallow water
- Head splint – face-up person in deep water
- Head splint – face-down person in shallow water
- Head splint – face-down person in deep water
- Head splint – face-down person in extreme shallow water
- Head and chin support – face-up in shallow water
- Head and chin support – face-down in shallow water
- Head and chin support – face-up in deep water
- Submerged spinal
- Spinal motion restriction in shallow water
- Spinal motion restriction in deep water
- Moves and carries in shallow water
- Alternate removal procedures
- Multiple rescuer response

General:

- Accurately demonstrate, with proficiency, all skills learned in the lifeguarding course
- Demonstrate ability to “Put it all together”
- Demonstrate ability to perform when things do not go as practiced
- Demonstrate ability to perform as a part of a lifeguard team

Testing:

- Pass the Lifeguarding exam with a score of 80% or better
- Pass the Administering Emergency Oxygen exam with a score of 80% or better
- Pass the Waterpark Skills exam with a score of 80% or better
- Pass the Waterfront Skills exam with a score of 80% or better
- Based on three scenarios, demonstrate ability to think, analyze a situation, recognize a drowning person or persons, perform the appropriate rescue and provide the proper care