

Red Cross Lifeguarding Skills Checklist – Intensive 2020

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 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)
- 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
- Simple assist
- Reaching assist from the deck
- Active victim front rescue
- Active victim rear rescue
- Passive victim front rescue
- Passive victim rear rescue
- Multiple victim rescue
- Submerged passive victim 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 victim in deep water
- Two-rescuer victim removal from the water using a backboard

Class 2:

- 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 on land
- Front head-hold escape
- Rear head-hold escape
- Give ventilations using a Bag-Valve-Mask Resuscitator with two rescuers
- Demonstrate rescue breathing – Adult, Child, Infant
- Proper care for conscious choking victim – Adult, Child, Infant
- Proper care for unconscious choking victim – Adult, Child, Infant
- Properly perform single rescuer CPR – Adult, Child, Infant
- Properly perform two rescuer CPR – Adult, Child, Infant
- Demonstrate proper use of AED
- Passive victim removal from water, Primary Assessment, rescue breathing (timed)
- Passive victim removal from water, Primary Assessment, CPR (timed)

Class 3:

- Accurately perform a Secondary Assessment
- Understand proper care for sudden illnesses
- Understand proper care for injuries
- Control external bleeding
- Apply several types of splints
- Demonstrate proper care for spinal injuries on land
- Demonstrate ability to administer emergency oxygen
- In-water ventilations – shallow and deep water
- Head splint – face-up victim in shallow water
- Head splint – face-up victim in deep water
- Head splint – face-down victim in shallow water
- Head splint – face-down victim in deep water
- Head and chin support – face-up
- Head and chin support – face-down
- Spinal backboarding in shallow water
- Spinal backboarding in deep water
- Moves and carries in the water
- Show proficiency on all rescue skills

Class 4:

- 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
- 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
- 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
- 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