

2026 Red Cross Lifeguarding Training Class
June 1 to 6, 2026 – Salmon, Idaho
Classes meet from 7:00am to 12:00pm
Attendance at ALL Lifeguarding Training Classes is MANDATORY
There are no make-up lessons for this class

Pre-Course Assignments

Reading Assignment: Chapters 1, 2, 3, 4, 6:1, 6:2, 6:3

Class One – Monday, June 1

Introduction

Prerequisite skills test –

- Swim 150 yards continuously using front crawl and breaststroke. Stop swimming and immediately start treading water for 2 minutes using only your legs. Swim an additional 50 yards continuously.
- Brick retrieval timed event – 1 minute, 40 seconds.

Classroom - Professionalism on the Job, Legal Considerations, The Drowning Process, Scanning, Rotations, Guarding Attractions

Pool – Entries and Approaches

Reading Assignment: Chapters 5, 6:4, 6:5, 6:6, 6:8

Class Two – Tuesday, June 2

Classroom – Emergency Preparedness and Response, Rescue Skills-At or Near the Surface, Rescue Skills-Submerged, Extrication, Injury Prevention

Pool – Rescue Skills

Reading Assignment: Chapters 7, 8, 9

Class Three – Wednesday, June 3

Classroom - Lowering the Risk for Infection, Rapid Assessment, Rescue Breathing, Cardiac Emergencies and Using an AED, Obstructed Airway Care

Pool – Putting it all Together, Lifeguard Station Response Time, In Water Ventilations

Reading Assignment: Chapter 10

Class Four – Thursday, June 4

Classroom - First Aid, Sudden Illnesses, Environmental Emergencies, Skill Boosts

Pool – Submerged Rescues with Extrication, Escapes

Reading Assignment: Chapter 11

Class Five – Friday, June 5

Classroom - Head, Neck and Spinal Injuries, Spinal Motion Restriction, Emergency Oxygen Skills Module

Pool – Head, Neck, and Spinal Injuries

Reading assignment: Review Chapters 1-11

Class Six – Saturday, June 6

Classroom – Waterpark Skills

Written Exam:

Lifeguarding Skills

Waterpark Skills

Administering Emergency Oxygen

Pool – Waterpark Skills, Skills Review

Final In-Water Skills Scenarios

Graduation

Students must participate in all classes to complete the course – bring a **one-piece bathing suit** and towel to all classes. To receive certification, students must pass 100% of skills and skill scenarios and pass 80% of the questions on each written exam. Absences will result in non-completion of the course and no certificate will be given. Students should complete the reading assignment before class. Students must be able to open eyes under water. It is recommended contact lens be removed for in-water activities to prevent loss. Jewelry and swim goggles may not be worn when practicing rescue skills to prevent injuries.