



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **LETTER TO LIFEGUARD COURSE PARTICIPANTS**

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services personnel take over.

To enroll in the Lifeguarding course, you must be at least 15 years old before the last scheduled class session. To participate in the course, you must be able to pass a prerequisite skills evaluation by doing the following:

- 1. Swim-Tread-Swim Sequence**
  - a. Swim 150 yards using the front crawl, breaststroke or a combination of both.
    - i. Swimming on the back or side is not permitted.
    - ii. Swim goggles are allowed.
  - b. Maintain position at the surface of the water for 2 minutes by treading water using only the legs.
  - c. Swim 50 yards using the front crawl, breaststroke or a combination of both.
  
- 2. Complete a timed event within 1 minute, 40 seconds.**
  - a. Starting in the water, swim 20 yards.
    - i. The face may be in or out of the water.
    - ii. Swim goggles are not allowed.
  - b. Surface dive (feet-first or head-first) to a depth of 7 to 10 feet to retrieve a 10-pound object.
  - c. Return to the surface and swim 20 yards on the back to return to the starting point, holding the object at the surface with both hands and keeping the face at or near the surface.
  - d. Exit the water without using a ladder or steps.

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The prerequisite skills evaluation will occur on the first day of the course. Please bring a swimsuit and towel for the skills evaluation and for every class.

To successfully complete the course, you must attend the entire course, participate in all skill sessions/ drills, activities and scenarios, demonstrate competency in all required skills and scenarios, and pass the final written exam with a minimum grade of 80 percent.

The practice sessions will require some strenuous physical activity. You are encouraged to check with your health care professional before participating in the practice sessions. If you have a medical condition or disability that might prevent you from participating in the activities, or have questions about being able to fully participate in the Lifeguarding course, please contact me to discuss this before the course begins.

Upon successful completion of the course, you will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years.

If you have questions, please contact me directly at:  
(301)-777-9622 Ext.203 or [jake@cumberlandymca.org](mailto:jake@cumberlandymca.org)

Sincerely,  
Jake Miller  
American Red Cross Instructor