

	Prerequisite 1	Prerequisite 2	Prerequisite 3
Lifeguarding	<p>Swim-Tread-Swim Sequence</p> <ul style="list-style-type: none"> ■ Swim 150 yards using the front crawl, breaststroke or a combination of both. <ul style="list-style-type: none"> - Swimming on the back or side is not permitted. - Swim goggles are allowed. ■ Maintain position at the surface of the water for 2 minutes by treading water using only the legs. ■ Swim 50 yards using the front crawl, breaststroke or a combination of both. 	<p>Timed Event</p> <p>Complete a timed event within 1 minute, 40 seconds.</p> <ul style="list-style-type: none"> ■ Starting in the water, swim 20 yards. <ul style="list-style-type: none"> - The face may be in or out of the water. - Swim goggles are not allowed. ■ Surface dive (feet-first or head-first) to a depth of 7 to 10 feet to retrieve a 10-pound object. ■ 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. ■ Exit the water without using a ladder or steps. 	n/a
<p>Shallow Water Lifeguarding (5', 6', 7')</p> <p>Waterpark Lifeguarding (Waterpark Skills module)</p>	<p>Swim-Tread-Swim Sequence</p> <ul style="list-style-type: none"> ■ Swim 50 yards using the front crawl, breaststroke or a combination of both. <ul style="list-style-type: none"> - Swimming on the back or side is not permitted. - Swim goggles are allowed. ■ Maintain position at the surface of the water for 2 minutes by treading water using only the legs, floating, or both. <ul style="list-style-type: none"> - Participants must only tread water, not float, when the water depth of training is greater than 5 feet. ■ Swim 50 yards using the front crawl, breaststroke or a combination of both. 	<p>Timed Event</p> <p>Complete a timed event within 50 seconds.</p> <ul style="list-style-type: none"> ■ Starting in the water, swim 20 yards. <ul style="list-style-type: none"> - The face may be in or out of the water. - Swim goggles are not allowed. ■ Submerge to a depth of 4 to 7 feet (consistent with the maximum water depth that will appear on the certification) to retrieve a 10-pound object. ■ Return to the surface and walk or swim 20 yards to return to the starting point, holding the object at the surface with both hands. ■ Exit the water without using a ladder or steps. 	n/a

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