

**American Red Cross  
Deep Water Lifeguarding  
Shallow Water Lifeguarding up to 5,6,7 feet  
Waterfront**

**Prerequisites**

*Lifeguarding (Including Deep Water) training is conducted and evaluated in water depths ranging from 0 feet to water 7 feet and greater (ranging from 8-12 feet maximum, depending on the depth of the facility in which the training is conducted).*

**Prerequisite 1:**

**Complete a swim-tread-swim sequence without stopping to rest:**

- Jump into the water and totally submerge, resurface then swim 150 yards using the front crawl, breaststroke, or a combination of both. (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

**Prerequisite 2:**

**Complete a timed event within 1 minute, 40 seconds:**

- Starting in the water, swim 20 yards. (The face may be in or out of the water. Swim goggles are not allowed).
- Submerge to a depth of 7 - 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 out at or near the surface.
- Exit the water without using a ladder or steps.

*Shallow Water Lifeguarding (water up to 5, 6, or 7 feet) training is conducted and evaluated in water depths ranging from 0 feet to water 5, 6, or 7 feet, depending on the maximum depth of the facility in which the training is conducted.*

**Prerequisite 1:**

**Complete a swim-tread-swim sequence without stopping to rest:**

- Jump into the water and totally submerge, resurface then swim 50 yards using the front crawl, breaststroke, or a combination of both. (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
- Swim 50 yards using the front crawl, breaststroke, or a combination of both

**Prerequisite 2:****Complete a timed event within 50 seconds:**

- Starting in the water, swim 20 yards. (The face may be in or out of the water. Swim goggles are not allowed).
- Submerge to a depth of 4 - 7 feet to retrieve a 10-pound object.
- Return to the surface and walk or 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 out at or near the surface.
- Exit the water without using a ladder or steps.

*Waterfront Skills training is conducted and evaluated in a pool and/or waterfront in water depths ranging from 0 feet to 8-12 feet depending on the maximum depth of the facility in which the training is conducted.*

**Prerequisite 1:****Complete a swim-tread-swim sequence without stopping to rest**

- Jump into the water and totally submerge, resurface then swim 350 yards using the front crawl, breaststroke or a combination of both. (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 200 yards using the front crawl, breaststroke, or a combination of both

**Prerequisite 2:****Complete a timed event within 1 minute, 40 seconds**

- Starting in the water, swim 20 yards. (The face may be in or out of the water. Swim goggles are not allowed).
- Submerge to a depth of 7 - 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 out at or near the surface.
- Exit the water without using a ladder or steps

**Prerequisite 3:****Complete an underwater swim**

- Swim 5 yards, submerge, and retrieve three dive rings placed 5 yards apart in 4 – 7 feet of water
- Resurface and continue to swim another 5 yards

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