

Lifeguard Practical Skills Screening

Purpose:

Verify applicants' swimming and lifeguard skills.

(Red Cross, StarGuard, YMCA, or BSA skills may be used according to your training)

Duties and Responsibilities:

- Swim-Tread-Swim
 - Swim 200 yards (first 150 yards in 2 minutes and 50 seconds or less)
 - Tread water for two minutes (legs only)
 - Swim 50 yards

- Demonstrate in-line stabilization techniques in shallow water.
(Head splint and head chin support)

- Demonstrate in-line stabilization techniques in deep water.
(Head splint and head chin support)

- Stride jump, 15-yard, approach stroke, active victim rescue, return with victim.*

- Compact jump, 15-yard, approach stroke, passive victim rescue, return with victim. *

- Tread water, feet-first surface dive, submerged victim rescue.*

- Diving brick recovery from bottom of deep end.

** These skills will be demonstrated with rescue tube.*