

Lifeguard Instructor Course

Challenge Skills List

Instructor candidates must demonstrate all listed skills and abilities satisfactorily without coaching to be eligible to enter the lifeguard course. This course is not set up to provide any review of the below skills. Candidates are encouraged to enroll in a lifeguard review course to ensure they understand all skills listed below.

Swimming Skills Evaluation:

1. Swim 300 yards continuously, using these strokes in the following order:
 - a. 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed by breathing to the side or to the front.
 - b. 100 yards of breaststroke using a pull, breathe, kick and glide sequence.
 - c. 100 yards of either the front crawl or breaststroke. The 100 yards may be a combination of front crawl and breaststroke.
2. Starting in the water, swim 20 yards using front crawl and breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or step, within 1 minute, 40 seconds.

Written Exam:

1. Section 1: Recognition and Response (16 correct out of 20)
2. Section 2: CPR/AED for the Professional Rescuer (24 correct out of 30 on part 1 and 8 correct out of 10 questions part 2)
3. Section 3: First Aid and Head, Neck, and Back Injury (16 correct out of 20)

Successfully demonstrate the following skills without coaching:

1. Simple assist
2. Extension assist from the deck
3. Reaching assist with equipment
4. Throwing assist
5. Swimming extension rescue
6. Multiple-victim rescue
7. Rear head hold escape
8. Front head hold escape
9. Head splint technique- Face down victims, deep water at or near the surface
10. Head and chin support- Face- up victims, deep water at or near the surface
11. In-line stabilization for a submerged victim- face-up, face-down or on one side in deep water
12. Using a backboard in deep water
13. Removing gloves
14. Initial assessment
15. Rescue Breathing (adult, child, infant)

16. Using a bag valve mask resuscitator (two rescuer)
17. Conscious choking (adult, child, infant)
18. Unconscious Choking (adult, child, infant)
19. CPR (adult, child, infant)
20. Two-rescuer CPR (adult, child, infant)
21. AED/CPR skill scenarios
22. Controlling external bleeding
23. Applying a sling and binder
24. Manual in-line stabilization for a Head, Neck or Back injury on land
25. Active drowning victim scenario
26. Passive submerged drowning scenario
27. Head, Neck or Back injury scenario