



WHAT DOES IT TAKE TO BE A LIFEGUARD?

Lifeguards require comprehensive training in first aid, CPR, automated external defibrillator (AED), and aquatic rescues while displaying effective communication, leadership and fast-acting problem-solving skills. Lifeguards' primary responsibilities are to prevent drowning, injury or illness, be quick reactors in an emergency, and stay vigilant to face adversity professionally.

SKILLS REQUIRED TO BECOME A LIFEGUARD

Aside from basic skills, lifeguards require leadership skills to prevent accidents and be the difference to save someone's life.

Requirements to Become a Lifeguard Include:

- **Age:** At least 15 years old
- **Prerequisites:** Complete required swimming skill assessment that includes a swim-tread sequence.
- **Skills:** All lifeguards must complete a course that includes skills related to lifeguarding, water rescues, extrication of victims, CPR-AED, and first aid.

Additional modules may include oxygen administration, blood borne pathogens, and asthma inhaler training.

CHARACTERISTICS OF A LIFEGUARD

- 1. Communication:** Lifeguards are responsible for communicating with patrons and effectively communicating and working as a team with other lifeguards, staff, and management. This can include enforcing the rules and educating patrons about them, conducting safety orientations, and assisting patrons with questions and concerns to prevent injuries.
- 2. Attention to Detail:** Lifeguards must recognize behaviors or situations that might lead to life-threatening emergencies to help patrons stay safe.
- 3. Physical Demands:** A lifeguard's physical demands include strong swimming ability, excellent endurance, quick reactions to perform rescues, agility and balance, and the strength to lift and carry individuals while maintaining vigilance and alertness to scan their areas of responsibility.
- 4. Lifeguard Leadership Skills:** Lifeguards fulfill a leadership role, working with patrons of all ages to offer a better, safer water environment.
- 5. Role Model:** Lifeguarding is a job that comes with a lot of responsibility. They are looked up to for guidance and support by both children and adults and must be mentally, physically, and emotionally prepared to do their jobs.

LIFEGUARD CERTIFICATIONS INCLUDE

- Extreme shallow water lifeguard (3 feet deep or less)
- Shallow water lifeguard (5feet deep or less)
- Deep water lifeguard (More than 5 feet deep)
- Waterfront lifeguarding (for beaches, lakes, and ponds)
- Oceanfront (surf) lifeguarding

ACTIVE-DUTY MARINES CAN BE LIFEGUARDS, TOO

Lifeguard training is part of the Marine Corps Water Survival Program (MCWSP). In order for a Marine Corps water survival instructor (WSI) to conduct any aquatic training, the instructor must obtain a lifeguard certification that includes CPR, AED, first aid, and administering oxygen.