

---

# WATERFRONT SKILLS FACT SHEET

## Purpose

The purpose of the Waterfront Skills module is to teach lifeguards the skills and knowledge needed to prevent and respond to emergencies in nonsurf, open-water areas found at public parks, resorts, summer camps and campgrounds.

## Certification Prerequisites

Candidates must have a current *American Red Cross* certificate for Lifeguarding/First Aid/CPR/AED.

## Skill Prerequisites

1. Must be 15 years old on or before the final scheduled session of this module.
2. Swim 550 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles are allowed.
3. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
4. 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.
  - 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 to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water.
  - Exit the water without using a ladder or steps.
5. Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4 to 7 feet of water, resurface and continue to swim another 5 yards to complete the skill sequence.

## Learning Objectives

- Describe the unique aspects of waterfront lifeguarding.
- Demonstrate how to perform the waterfront rescue skills safely and effectively.

## Length

Approximately 5 hours, 40 minutes

## Instructor

- Currently certified Lifeguarding instructors or instructor trainers who have obtained a Waterfront Skills certificate, oriented to the Waterfront Skills portion in the Lifeguarding Instructor's Manual and received authorization as a Waterfront Skills instructor from the American Red Cross Learning Center.

## Certification Requirements

- Demonstrate competency in all required skills and activities.
- Correctly answer at least 80 percent of the questions of the written exam.

## Certificate Issued and Validity Period

- American Red Cross certificate indicating Waterfront Skills; 2 years.
- The Waterfront Skills certificate is only valid when accompanied by a current American Red Cross certificate for Lifeguarding/First Aid/CPR/AED.

## Participant Products/Materials (available in e-book and print formats)

- *American Red Cross Lifeguarding Manual*