



Red Cross Waterfront Lifeguard Course



This course offers professional lifeguard certification and prepares lifeguards to create safe, supervised aquatic areas for the waterfront environment. The course prepares lifeguards to prevent and respond to lifeguard emergencies, create a safe environment, work in teams, and handle public relations in a professional manner. The candidates are continuously evaluated throughout the course based on standard evaluation criteria and complete final skills and knowledge assessment.

COURSE LENGTH

Classroom and Waterfront/Pool – 40 hours
Observation – 2 hours
Final scenarios – 3-5 hours

PRE-COURSE REQUIREMENTS

15 years of age on the last day of course; Red Cross Assistant Lifeguard certification (current or expired); current Standard First Aid with CPR Level C or equivalent.

COMPLETION CRITERIA

- Attend and participate in 100% of the course
- Demonstrate competency in all required skills and activities
- Complete the Waterfront Lifeguard observation assignment
- Ability to comprehend and successfully demonstrate the skills and pass a knowledge evaluation with a minimum mark of 75%
- Demonstrate competency in the final scenarios

EVALUATION

The course is continuously evaluated; final skills and knowledge evaluation.

CERTIFICATION

2-year certification from the last day of the course. Certified as a Red Cross Waterfront Lifeguard.

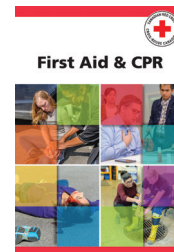
RECERTIFICATION

Classroom and Waterfront/Pool – 5 Hours

Candidates with a current National Lifeguard (NL) Waterfront certification and Standard First Aid with CPR Level C or equivalent certification only need to take a 12-hour Waterfront Lifeguard transfer course.

COURSE MATERIALS

Lifeguard Manual
First Aid & CPR Manual



COURSE CONTENT

- Introduction and the Red Cross
- The Professional Lifeguard
- The Aquatic Environment
- Communication and Injury Prevention
- Supervision and Surveillance
- Rescue Skills
- Head and Spine Injuries
- Responding to Aquatic Emergencies
- Healthy Aquatic Environments
- On the Job



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