



American Red Cross

Colonial Crossroads Chapter

Lifeguard Recertification Skill Sheet

It is good to have a working knowledge of lifeguarding, first aid, and CPR/AED skills before you attend the class. Although everything will be covered, this class is not intended to re-teach subjects, but to refresh your skills.

The following skills must be performed to the American Red Cross standards in order to successfully pass the Lifeguard Recertification Training:

- Written exam: *failing the written test disqualifies you from the challenge*
- 300 yard swim
- Swim 20 yards, pick up a brick from a depth of 7 or more feet, swim to side and exit the pool without the use of steps or a ladder (timed event: 100 seconds max.)
- Simple assist
- Extension assist from the deck
- Throwing assist
- Reaching assist with equipment
- Swimming extension rescue
- Rear and front head-hold escape
- Multiple victim rescue
- Active drowning victim scenario
- Passive submerged victim scenario
- Submerged victim in deep water
- Using a backboard in deep water
- Manual in-line stabilization of a head, neck or back injury on land
- Initial assessment
- Applying a sling and binder
- Controlling external bleeding
- Unconscious and conscious choking-Adult/child/infant
- Rescuer Breathing-Adult/child/infant
- CPR-Adult/child/infant
- Two rescuer CPR-Adult/child/infant
- Using a bag valve mask with two rescuers
- AED/CPR skills scenarios
- Head, neck and back injury scenario
- Removing gloves

