



POOL LIFEGUARD COURSE DISPATCH SHEET

PRE-REQUISITE(S): 1.) 15 years of age or older; 2.) swim 300 yards using only front crawl or breaststroke without resting (untimed event); 3.) tread water using only one's legs for two (2) minutes; 4.) swim twenty-five (25) yards, dive to depth between six (6) and twelve (12) feet to retrieve a ten (10) pound weight, return to the surface, swim twenty-five (25) yards back to the starting point while keeping the ten (10) pound weight above the water's surface. The participant must exit the pool without use of stairs or steps with the ten (10) pound weight in hand. Participant will have a maximum of one (1) minute, forty (40) seconds to complete this prerequisite skill.

COURSE PURPOSE: The goal of this core course is to develop and equip participants with the knowledge, skills, and confidence to respond during an in-water or dryland emergency while working as a pool lifeguard.

PARTICIPANT COURSE MATERIALS/EQUIPMENT: World Academy of Safety & Health (WASH) Pool Lifeguard Student Manual (free electronic or paid paperback); hip pack with CPR pocket mask, basic first aid supplies, whistle and gloves.

CERTIFICATION PERIOD: One (1) year from the date of completion of the certificate with a thirty (30) day grace period to be eligible for a recertification or challenge course (lifeguards should not be considered certified during the grace period).

DELIVERY: Delivered as either an in-person or blended format course.

AVAILABLE: English and Spanish

NOTES: The course includes (Chapters 12 and 13) the HSI (formerly ASHI) 2020 Basic Life Support (BLS)/First Aid course.