Swim Across America - Seattle
Waterfront Lifeguard Certification Course

The purpose of the Waterfront Lifeguard skills module is to teach the skills and knowledge needed to prevent and respond to emergencies in non-surf, open-water areas found at public parks, resorts, summer camps and campgrounds. Successful completion of this module certifies you to guard most non-surf waterfronts such as lakes and other swimming areas.

This certification is required of professional Lifeguards at Swim Across America - Seattle, as it is held in a lake setting.

Those who carry the Waterfront Lifeguard Certification are eligible for compensation for their services on September 8th, 2018, at SAA Seattle.

Course Description:
The Waterfront Lifeguard Certification module is available to all currently certified American Red Cross Lifeguards.

○ The course will cover skills required to Lifeguard and respond to emergencies in non-surf, open water areas. Topics covered include environment, equipment, water conditions, weather, rules specific to waterfront, scanning and guarding strategies, coverage and zones, rescues, hazards, EAPs, and more.

Course Requirements:
○ Participants must be at least 15 years of age and hold a current American Red Cross Lifeguard Certificate.
○ Students must attend the Waterfront pre-course session for their swim test in order to participate. (See below for options to complete the pre-course prior to enrolling for the course.)
○ We strongly encourage you to review the online coursework prior to the class session. (Link will be provided upon sign up.)
○ This Course module is Intensive and requires sustained energy for several hours in open water.
○ Wetsuits are recommended based on weather conditions.
○ Students must attend the full sessions and actively participate in all skills practice.
○ Students must successfully complete final skills and written testing at the end of the session in order to gain Certification.
- Certification is not guaranteed. Success is based on each student's performance.

Pre-course skill requirements:
- Swim 550 yards continuously using crawl stroke or breaststroke, demonstrating rhythmic breathing. (Must swim with your face in the water)
- 2 minutes of treading water without using your hands. (Your head must stay above water)
- Timed 10# brick retrieval in 8 feet of water. (20 yard swim, dive to retrieve object, swim 20 yards back - on your back - without your hands)
- Swim 10 yards underwater to collect 3 submerged objects before returning to the surface.
- More detailed pre-course information upon request.

Course Dates:
- We are offering two course options: August 11th from 1-5p and August 12th from 1-5p.
- Pre-course swim options: August 11th from 11-12 and August 12th form 11-12.

Course Location:
Mercerwood Shore Club
4150 E Mercer Way, Mercer Island, WA 98040

Course Fees:
American Red Cross Course Fees are $36 per student.

RSVP:
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