Swim Across America – Seattle
Waterfront Lifeguard Certification Course
September 6th, 2019, 4:00-7:00p
Luther Burbank Park Beach, Mercer Island, Seattle (2040 84th Ave SE)

Swim Across America Seattle is looking for certified* Waterfront Lifeguards for our Swim Across America - Seattle open water charity swim on September 7th, 2019. If you have a current American Red Cross pool Lifeguard certification, you are eligible to attend our Waterfront Lifeguard class to become WFLG certified!

Course Fees: ARC Course Fees will be waived for certified and approved Lifeguards supporting the Swim Across America - Seattle event on September 7th, 2019.

Course Description: The Waterfront Lifeguard Certification module is available to all currently certified American Red Cross Lifeguards. Successful completion of this module certifies you to guard most non-surf waterfronts such as lakes and other swimming areas.

- Participants must be at least 15 years of age and hold a current American Red Cross Lifeguard Certificate.
- Students must pass the pre-course skill requirement in order to participate.
- Review pre-course online material provided upon sign up.
- 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.
- Prepare | Participate | Perform

Pre-course Skill Requirements:
- Swim 550 yards continuously using crawl stroke or breaststroke.
- 2 minutes of treading water without using your hands.
- Timed 10lb brick retrieval in 8 feet of water. (20 yard swim, dive to retrieve object, swim 20 yards back.)
- Swim 10 yards underwater to collect 3 submerged objects before returning to the surface.

This module requires sustained energy for several hours in open water.
Wetsuits are recommended based on weather conditions.

RSVP to Megan Melgaard at megan@swimacrossamerica.org

*Those who carry a current American Red Cross Waterfront Lifeguard Certification are eligible for compensation to work the September 7th event.