



*Saving lives starts here™*

## 2025 American Red Cross Waterfront Lifeguarding Skills Course Info

### Course Purpose

The purpose of the Waterfront Skills Module in the American Red Cross Lifeguarding program is to provide participants certified in Lifeguarding (that included training in deep water 7 feet or deeper) with the knowledge and skills needed to:

- Prevent, recognize and respond to aquatic emergencies in **non-surf, open-water areas** found at public parks, resorts, summer camps, and campgrounds.

**Waterfront Skills** training is conducted and evaluated in a pool and waterfront in water depths ranging from 0 feet to 8-15 feet depending on the maximum depth of the facility in which the training is conducted. *Note: For information on other modules within the Lifeguarding program, please see the Fact Sheet for Waterpark Skills Module*

### Course Prerequisites

To participate in the Waterfront Skills Module, participants must:

- **MUST HAVE CURRENT & VALID American Red Cross Lifeguard Certificate for DEEP WATER Lifeguarding.**
- Be at least 15 years old on or before the final scheduled session of the Waterfront Skills Module.
- Successfully complete the three prerequisite swimming skills evaluations:

<b>Prerequisite 1:</b> Complete a swim-tread-swim sequence without stopping to rest	<ul style="list-style-type: none"> <li>• Jump into the water and totally submerge, resurface then swim 350 yards using the front crawl, breaststroke or a combination of both. (Swimming on the back or side is not permitted. Swim goggles are allowed)</li> <li>• Maintain position at the surface of the water for 2 minutes by treading water using only the legs</li> <li>• Swim 200 yards using the front crawl, breaststroke or a combination of both</li> </ul>
<b>Prerequisite 2:</b> Complete a timed event within 1 minute, 40 seconds	<ul style="list-style-type: none"> <li>• Starting in the water, swim 20 yards. (The face may be in or out of the water. Swim goggles are not allowed).</li> <li>• Submerge to a depth of 7 - 10 feet to retrieve a 10-pound object.</li> <li>• Return to the surface and swim 20 yards on the back to return to the starting point, holding the object at the surface with both hands and keeping the face out at or near the surface.</li> <li>• Exit the water without using a ladder or steps.</li> </ul>
<b>Prerequisite 3:</b> Complete an underwater swim	<ul style="list-style-type: none"> <li>• Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4 – 7 feet of water</li> <li>• Resurface and continue to swim another 5 yards</li> </ul>

## Course Length

The Waterfront Skills Module is conducted by a Red Cross-certified Lifeguarding instructor. There are no online sessions to complete. The total course instruction time, including the precourse session, is **16 hours**, not including breaks. Additional time may be added to the course length to accommodate breaks/transitions.

## Certification Requirements

To earn certification, participants must:

- Attend the entire course and participate in all class sessions.
- Actively participate in all course activities, including assuming various roles during skill practices and scenarios.
- Demonstrate proficiency in all skills.
- Pass the final written exam with a minimum grade of 80 percent.

## Certification

Participants who successfully complete the Waterfront Skills Module will be issued the following American Red Cross certificate: **Waterfront Skills Module**, valid for 2 years and only valid when accompanied by a current Lifeguarding (that included training in water 7 feet or deeper) with CPR/AED for the Professional Rescuer and First Aid certificate.

Lifeguards certified in Waterfront Skills (accompanied by a current Lifeguarding certificate) are certified to lifeguard in water up to 7 feet and deeper in non-surf, open water environments.

To maintain the Waterfront Skills Module certification, a currently certified lifeguard must successfully complete the American Red Cross Waterfront Skills Recertification course or the full Waterfront Skills Module again prior to certificate expiration. **The Waterfront Skills Module certificate is not valid without a current Lifeguarding (that included training in 7 feet or deeper) certificate.**

## 2025 Waterfront Course Dates:

**All Classes Will Be Held At Richardson Aquatics Safety Training Center Pool-Schofield Barracks & Piliilau Army Recreation Center (PARC)**

1. **March 31st & April 01, 2025 0845-16:30**
2. **May 5th & 6th 2025, 08:45-16:30**
3. **June 2nd & 3rd 2025, 08:45-16:30**
4. **August 4th & 5th 2025, 08:45-16:30**

THE COST IS **\$75.00**

**PARTICIPANTS MUST ATTEND BOTH CLASS DATES TO PASS THE COURSE.**

5. **A MINIMUM OF 6 PARTICIPANTS ARE NEEDED TO CONDUCT A CLASS**  
**DATES, TIMES AND TRAINING LOCATIONS MAY CHANGE ACCORDING TO WEATHER AND WATER CONDITIONS.**

## **Course Objectives**

During their training, participants are required to demonstrate knowledge acquisition and skill competency in four main areas:

- Foundational lifeguarding concepts (recognizing distress and drowning, surveillance and scanning, and recognizing and preventing injury)
- Water rescue and extrication
- Resuscitation (including CPR/AED for Professional Rescuers) and first aid for adults, children, and infants
- Individual and team rescue and response

The following are high-level program objectives:

- Apply the knowledge and skills learned in the Lifeguarding course to working as a lifeguard at a non-surf waterfront.
- Describe features and characteristics of a waterfront facility that can affect patron safety.
- State the reasons for common waterfront rules.
- Describe aspects of conducting patron surveillance and making rescues that are unique to a waterfront facility.
- Describe injury prevention strategies that are often used at waterfront facilities.
- State factors that should be considered when a person is reported missing at a waterfront facility.
- Explain basic principles of rip current safety.
- Demonstrate how to safely and effectively enter the water and approach a person at a waterfront with and without equipment (rescue board, mask and fins).
- Demonstrate how to safely and effectively extricate a person at a waterfront.
- Demonstrate how to safely and effectively provide in-line stabilization for a face-down person in extremely shallow water.
- Demonstrate how to safely and effectively rescue an active or passive drowning person at or near the surface of the water using a rescue board.
- Demonstrate how to safely and effectively conduct a shallow-water search and a deep-water search.

## **Waterfront Skills Module Content**

### **Unique Aspects of Waterfront Lifeguarding**

- Patron Safety at a Waterfront Facility
- Surveillance and Rescue Considerations at a Waterfront Facility
- Missing Person Procedures
- Rip Currents

### **Waterfront Rescue Skills**

- Shoreline Skills
- Searches Using a Mask and Fins

- Using a Rescue Board
- Putting It All Together: Timed Response

#### **Waterfront Skills Module Conclusion**

- Final Written Exam