

## r. 24 Waterfront Skills Recertification Course Fact Sheet

### Course Purpose

The primary purpose of a recertification course is to give participants who are currently certified American Red Cross Lifeguarding (Including Deep Water) and Waterfront Skills the opportunity to review the course knowledge and skills within a formal course setting to maintain their American Red Cross Waterfront Skills certification.

**Waterfront Skills** training is conducted and evaluated in a pool and/or waterfront in water depths ranging from 0 feet to 8-12 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 Recertification course, participants must:

- Have a current American Red Cross certificate for Lifeguarding (that included training in deep water 7 feet or deeper).
- Be at least 15 years old on or before the final scheduled session of the Waterfront Skills Recertification course.
- Successfully complete the three prerequisite swimming skills evaluations:

<p><b>Prerequisite 1:</b> Complete a swim-tread-swim sequence without stopping to rest</p>	<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>
<p><b>Prerequisite 2:</b> Complete a timed event within 1 minute, 40 seconds</p>	<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>
<p><b>Prerequisite 3:</b> Complete an underwater swim</p>	<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>