

AMERICAN RED CROSS LIFEGUARD RECERTIFICATION FACT SHEET

Course Description

Recertification option for currently certified lifeguards. Review skills include water rescues, CPR for the Professional Rescuer and first aid. The course incorporates a blended learning format with online training sessions, classroom skills and water rescue activities.

Recertification Policy

Only currently certified Lifeguards may take the Review course. If any certifications have expired you must take the full Lifeguard Course. The Red Cross is no longer allowing Lifeguards to challenge the course.

Prerequisites

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
3. Complete a timed event within 1 minute, 40 seconds.
 - Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
 - Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
 - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. Exit the water without using a ladder or steps.

Length

Approximately 8 Hours in class and 4 Hours online before class

Certification Requirements

1. Demonstrate competency in all required skills and activities.
2. Demonstrate competency in all required final rescue skill scenarios.
3. Pass both the Section 1—CPR/AED for the Professional Rescuer and First Aid and Section 2—Lifeguarding Skills final written exams with minimum grades of 80 percent.

Certificate Issued and Validity Period

American Red Cross certificates for Lifeguarding/First Aid/CPR/AED will be renewed for 2 years