



creating class roster
LIFEGUARD &
SAFETY TRAINING FOR SWIM COACHES FOR CHALLENGE COURSE

Renew your lifeguard certification and meet your safety requirements as USA Swim Coach

Send email request to hoea96744@gmail.com

Each participant needs to have access to a computer to enroll & register into the course & to access the course material

Candidates must:

- . Must show proof current Lifeguard certification or a expired certification within the last two years
- . Be at least 15 years old on or before the final scheduled session of the course.
- . 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.
- . Tread water for 2 minutes, using only the legs. Candidates should place their hands under the armpits.
- . Complete a timed event within 1 minute, 40 seconds:
 - Starting in the water, swim 20 yards. Swim goggles are not allowed.
 - Surface dive, feet-first or headfirst, 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.
 - Exit the water without using a ladder or steps.

Certification Requirements

Candidates must:

- ☒ Actively participate in all course activities, including assuming various roles during scenarios.
- ☒ Demonstrate competency in all required skills.
- ☒ Pass the final skills scenarios.
- ☒ Successfully pass final written exams with a minimum grade of 80%. If a participant fails to reach the minimum 80% on the final written exam, a retest is allowed using the other version of the exam, provided that the participant has passed the practical assessment.

Certificate Issued and Validity Period

The American Red Cross certificate for Lifeguarding/First Aid/CPR/AED is valid for 2 years. And /or the American Red Cross certificate for Safety Training for Swim Coach