



JUNIOR LIFEGUARDING FACT SHEET

Purpose

The newly revised Junior Lifeguarding program, formerly known as GuardStart: Lifeguarding Tomorrow, guides youths (ages 11–14) toward the American Red Cross Lifeguarding course. The course focuses on building a foundation of knowledge, attitudes, and skills for future lifeguards.

Prerequisites

Before entering Junior Lifeguarding, participants must demonstrate the following skills:

- Swim the front crawl for 25 yards continuously while breathing to the front or side
- Swim the breaststroke for 25 yards using a pull, breathe, kick and glide sequence
- Tread water for 1 minute using arms and legs
- Show a level of comfort on the back by floating on the back for 30 seconds or swimming on the back for 25 yards using the elementary backstroke or back crawl
- Submerge and swim a distance of 10 feet under water.

Learning Objectives

- Describe the importance of training for future lifeguards
- Explain the reason for rules and regulations at aquatic facilities
- Develop swimming skills and in-water rescue skills
- Demonstrate how to use rescue equipment safely and effectively
- Develop leadership and team work
- Explain the characteristics of distressed and drowning victims
- Explain the importance of emergency action plans
- Introduce first aid, CPR, and AED knowledge and skills; no certificates issued for these, but can be replaced with certification courses if taught by the appropriate instructor

Length

Set lesson plan with 15 two-hour lessons plus a 45-minute precourse session for a total course length of 30 hours and 45 minutes.

Instructor

Lifeguarding instructor or Water Safety instructor is required to serve as course coordinator; head lifeguard or experienced lifeguards lead the course.

Certificate and Validity Period

Certificate of completion on successfully completing the course. The certificate does not indicate that the participant is trained to be a lifeguard, and there is no validity period.