



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Candidate Welcome Letter

Dear Lifeguard Candidate,

Thank you for enrolling in the YMCA Lifeguard course. The Y believes that preventing an accident and saving a life is worth the hours of training and dedication essential to becoming a competent lifeguard. YMCA-certified lifeguards have a serious responsibility to prevent accidents and handle emergencies properly. It is imperative that lifeguards and aquatic safety assistants are physically trained, mentally alert, and have the maturity to safely guard and aquatic area.

We expect you to demonstrate your maturity **at all times** during classroom and pool instruction by:

- Participating in **ALL** class, pool, and practice sessions
- Arriving promptly and prepared with a picture ID or other proof of age
- Presenting a positive attitude and courteous class conduct
- Making an appointment with the instructor when you have difficulty understanding the material presented or if you have specific testing needs

To complete the course successfully, you will be required to perform the following:

- Demonstrate competency in each critical skill taught in the course; competency is defined as being able to perform each critical skill correctly and without guidance
- Successfully complete **Basic Life Support (BLS)**, **Adult First Aid**, **Pediatric First Aid** and **Use of Emergency Oxygen** certifications
- Successfully complete water tests and all scenarios
- Pass all exams with at least an **80% score**.
- **The YMCA Lifeguard written exam requires an 80% score or better on each section of the exam to pass.**
- Pass the **Waterfront & Waterpark** written exams with an 80% score or better.



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- **Pass the following Four-phased Physical Competency Requirements**
  - (Conducted in class on the 1st day, those who do not pass, will not be allowed to continue with the course):
- **Phase 1 – Continuous Swim: 550 meters (swim goggles are allowed)**
  - Swim 200 meters of front crawl (Freestyle)
  - Swim 200 meters of breaststroke
  - Swim 50 meters of front crawl with head up
  - Swim 50 meters of breaststroke with head up
  - Swim 50 meters of elementary backstroke kick or egg beater kick with hands on chest
- **Phase 2 – Tread Water**
  - Tread Water for two minutes (no arms) without stopping or resting
- **Phase 3 – Underwater Swim Event**
  - Perform a feet-first surface-dive in 8 to 10 feet of water (or maximum depth of training facility). Then swim underwater for 15 feet.
- **Phase 4 – Combined Skills Event (no goggles may be used)**
  - Participants start in the water at one end of the pool
  - Sprint for approximately 60 feet then perform an arm-over-arm surface dive in 7 to 10 feet (or maximum depth of training facility)
  - Pick up an object (dive ring) from the bottom of pool, surface, hold the object with both hands, and tread water for at least one minute using legs only
  - Swim the remaining length to end of pool on your back, holding the object with both hands; place object on deck and hoist yourself out of water.
  - Immediately begin compression on an adult manikin for 1 minute or 100 compressions
  - Quickly walk to an elevated lifeguard stand, climb into stand, sit down' scan and recognize objects on pool deck

The following prerequisites must be met prior to attending the course:

- Minimum age: 16 years old by the last day of the scheduled course
- Candidates under the age of 18 must have parental consent to participate in the course. \*See Candidate Welcome Letter Confirmation.



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You also must be able to accomplish these tasks:

- **Sit for extended periods of time in an elevated chair.** A candidate must remain alert and focused on the entire zone of responsibility for extended periods of time, even under conditions of high heat and humidity, with no lapses in consciousness. Move safely to various locations, including entering and exiting an elevated chair, while scanning the zone of responsibility.
- **Communicate with others immediately when responding to an incident or an emergency.** Candidates must be able to communicate verbally, including projecting their voice across distances; communicate swiftly and clearly with emergency personnel over the telephone and or in person; and effectively give and receive directions.
- **Hear noises and distress signals in the aquatic environment,** including in the water and anywhere around the zone of responsibility. Candidates must understand that significant background noise exists in all indoor and outdoor aquatic environments. In addition, lifeguard candidates should have a minimum hearing threshold of no more than an average of a 25-decibel loss in both ears over a range of frequencies (500Hz, 1000Hz, 2000Hz, 788 and 3000Hz). Candidates who use hearing aids or other corrective devices for hearing should be able to perform all rescue skills and emergency procedures without interruptions to adjust, retrieve or install or attach hearing aid/corrective device.
- **Observe all sections of an assigned zone or area of responsibility.** Candidates who use corrective eyewear should be able to perform all rescue skills and emergency procedures without interruptions to adjust, clear, or retrieve corrective eyewear.
- **Perform all rescue, resuscitation, and survival skills.** Candidates must be able to perform Adult & Pediatric first aid, use a bag-valve mask resuscitator, administer emergency oxygen, use an AED (automated external defibrillator), and perform BLS.
- **Think in the abstract, solve problems, make quick decisions, instruct, evaluate, supervise, and recognize the potential for danger or injury.**
- **Have adequate memory skills** and be able to retain and apply the knowledge learned in lifeguard training.
- **Act swiftly in an emergency** and take action even when unsure whether a person is really in danger.



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By enrolling in this course you are attesting that you can perform all of the above tasks.

In addition, you must complete all eLearning assignments and turn in all the eLearning certificates by the first day of class. The total eLearning time is 8-1/2 hours.

Paying the course fee does not guarantee certification. Upon successful completion of the course, you will receive your YMCA Lifeguard certification via e-mail. The YMCA Lifeguard certification, Waterfront & Waterpark certifications, Adult & Pediatric First Aid and Use of Emergency Oxygen are valid for two years. You will also earn certification for BLS (Basic Life Support), which is valid for one year. YMCA Lifeguard certifications are only valid if all required certifications are kept current. After one year, you will need to renew your BLS certification and upload your certification to the LCDC (<https://lcdc.yexchange.org>) to keep your YMCA Lifeguard certification current.

The Y looks forward to teaching the knowledge and skills needed to be a YMCA lifeguard.



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## Candidate Welcome Letter Confirmation

I have received, read and agree to all the requirements stated in the Welcome Letter.

Lifeguard Candidate's Signature: \_\_\_\_\_

Print Candidate's Name: \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_  
(If candidate is under 18 years old)

Print Parent/Guardian's Name: \_\_\_\_\_

Please sign and turn into the instructor on the first day of class.