



BSA LIFEGUARD

APPROVAL:

Certificate written _____

Filed for year-end report _____

This form to be used in local council only

_____, registered in _____ No. _____ of _____
Name Unit City or Town

who lives at _____
Street or R.F.D. Address City or Town State Zip Code

has satisfactorily completed all requirements for BSA Lifeguard. Date of completion _____

_____ Certifying Counselor's Signature	_____ Type of Certification	_____ Expiration Date
_____ Instructing Counselor's Signature	_____ Type of Certification	_____ Expiration Date
_____ Instructing Counselor's Signature	_____ Type of Certification	_____ Expiration Date

BSA LIFEGUARD TRAINING PROCEDURE

- Only those persons currently certified as *BSA Aquatics Instructor* or as *BSA Lifeguard Counselor* may train the completion of BSA Lifeguard requirements.
- Training as BSA Lifeguard is valid for 3 years from the date of application.
- All requirements must be met—no substitutions or omissions are permitted.
- The completed application is sent to the local council service center where BSA Lifeguard emblems may be purchased.
- To qualify for BSA Lifeguard, the candidate must complete the BSA Lifeguard course consisting of a minimum of 30 hours under the direction of either a BSA Lifeguard Counselor or a BSA Aquatics Instructor. The course for the BSA Lifeguard is in the *BSA Lifeguard Counselor Guide*.

BSA LIFEGUARD RETRAINING

To be retrained as BSA Lifeguard, a person who previously has been trained can complete the regular BSA Lifeguard course, passing each of the requirements. Those whose BSA Lifeguard training is current or has expired within the past 12 months can be retrained by demonstrating a current knowledge of and ability to perform the skills necessary to fulfill BSA Lifeguard requirements. It is not necessary to retake the BSA Lifeguard course.

COUNSELORS' RESPONSIBILITY

Scouts, Venturers, or adults who become trained BSA Lifeguards must be well qualified and able to use their knowledge in case of need without undue danger to themselves and with a reasonable chance of success. The counselors are responsible for the strict interpretation of requirements and the elimination of applicants who in their judgment are not qualified by strength, judgment, or ability to put their knowledge into practice.

The reputation of the counselors as experts depends to a great extent on the actual performance of those they qualify. Therefore, they should be certain that the candidates' ability is, without doubt, of the highest caliber. It is expected that the BSA Lifeguard emblem and certificate will always stand for a very high standard of skill. The counselors to whom this responsibility is entrusted are expected to maintain that standard. For interpretation of requirements, see *BSA Lifeguard Counselor Guide*, No. 34536A.

BSA LIFEGUARD REQUIREMENTS

1. AGE REQUIREMENT

To enroll in the BSA Lifeguard course you must be at least 14 years of age or have completed the eighth grade.

2. PREREQUISITES

To enroll in the BSA Lifeguard course, you must

- (a) Swim 400 yards. Jump feetfirst into water over your head and swim continuously for 400 yards in a strong manner. The 400 yards shall

consist of a minimum of 50 yards of elementary backstroke; 50 yards of breaststroke; 50 yards of front crawl or trudgen; and 50 yards of sidestroke.

- (b) Surface dive. Perform a feetfirst and a tuck or pike surface dive in 8 to 10 feet of water and recover a 10-pound weight on both dives.
- (c) Float. Demonstrate the ability to rest by floating.
- (d) Dive. Perform a long, shallow dive.

Date _____ Counselor's Initials _____

Date _____ Counselor's Initials _____

- Perform a long, shallow dive into deep water and swim 25 yards in 20 seconds or less using an approach stroke. _____
- (b) Throw a line for accuracy 10 yards, three times in one minute. The line may be weighted, unweighted, or a ring buoy. _____
- (c) Perform a rescue of a swimmer using a watercraft common to your area. Explain how other watercraft can be used to perform a rescue. Explain the advantages and disadvantages of different craft in making rescues. _____
- (d) Perform each of the following rescues with the aid of a rescue tube:
- (1) Using a front approach, swim with the rescue tube 15 yards to a conscious, passive victim; extend the rescue tube to the victim; have the victim grasp the rescue tube; and tow the victim back to the starting point in the water. _____
 - (2) Using a front approach, swim with the rescue tube 15 yards to a conscious, passive victim; wrap the tube around the victim; and tow the victim back to the starting point in the water. Repeat using the rear approach. _____
 - (3) Using a rear approach, swim with the rescue tube 15 yards to a conscious/active but not struggling victim. Place the victim on the tube by using a "scooping" technique and tow the victim back to the starting point. Repeat using a passive, facedown victim. _____
- (e) Perform a stride jump into water at least 9 feet deep; swim 15 yards to an unconscious victim; perform a front surface approach; position the victim for a wrist tow; and use the wrist tow to return the victim to the starting point in the water. _____
- (f) Perform a long shallow dive into water at least 9 feet deep; swim 15 yards to the rear of the victim; position the victim in either a single- or double-armpit tow; and tow the victim to the starting point in the water. _____
- (g) Jump feetfirst into water at least 9 feet deep; using a rear approach swim 15 yards to an active victim; contact the victim and level him or her using a single- or double-armpit tow; position the victim in a cross-chest carry; and return to the starting point in the water. _____
- (h) Perform the following defenses and escapes:
- (1) One- and two-hand block _____
 - (2) Wrist-grip escape _____
 - (3) Rear head-hold escape _____
 - (4) Front head-hold escape _____

- Perform the following techniques:
- (1) Pack-strap carry _____
 - (2) Lift from deep water assisted by a second lifeguard _____
 - (3) Shallow-water assist _____
 - (4) Beach drag _____
- (j) Perform an ease-in entry into shallow water and approach a victim who is facedown on the surface and simulating a spinal injury. Turn the victim to a faceup position and support the victim at the surface. _____
- (k) Perform an ease-in entry into deep water and approach a victim who is floating facedown on the surface and simulating a spinal injury. With a rescue tube, turn the victim to a faceup position and, maintaining contact, swim with the victim to a corner of the pool or the shallow end of the pool. Repeat without a rescue tube. _____
- (l) As a team member, participate in a backboarding procedure in shallow water. _____
- (m) Perform the requirements found in the Snorkeling, BSA, award. _____

4. FIRST AID AND CPR

- (a) Show evidence of the ability to perform the skills and a knowledge of the subjects covered in the First Aid merit badge. _____
- (b) Show a knowledge of the procedures for treating a near drowning, of the universal precautions for bloodborne pathogens, of personal health protection, and of aquatics-related first aid. _____
- (c) Have current training in basic cardio-pulmonary resuscitation (CPR) from the American Heart Association, the American Red Cross, or the National Safety Council. _____

5. EXAMINATION

- (a) Demonstrate an understanding of aquatics program and emergency-management skills by correctly answering 80 percent of the questions in a written or oral exam on theory and knowledge (the standard BSA Lifeguard examination). _____

6. PRACTICAL EXPERIENCE

- (a) Explain how to guard each of the following activities:
 - (1) Recreational swim (general swim) _____
 - (2) Unit swim _____
 - (3) Instructional swim _____
 - (4) Watercraft activity _____
 - (5) Special event _____
- (b) Serve as a lifeguard, under supervision, for at least two swimming activities (2 to 3 hours total). _____

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