



Choose American Red Cross Training for Better-prepared Lifeguards

Are your lifeguards at the top of their game? The American Red Cross Lifeguarding program trains lifeguards to act with speed and confidence in emergency situations—whether in or out of the water.

Course Content

- Surveillance and recognition
- Water rescue skills
- First aid, breathing and cardiac emergencies
- CPR/AED for professional responders
- Injury prevention and risk management
- Emergency Action Plan (EAP) response training

Features

- Benchmarks outlining expectations for both on-the-job lifeguard performance as well as facility operations
- Training options to meet specific facility needs—pools (over 5 feet), shallow water (under 5 feet), aquatic attraction (under 3 feet), waterparks, non-surf waterfronts
- Surveillance activities and drills
- Team response scenarios
- Instructor tools including course presentations, practice teaching workbooks, feedback and evaluation forms for instructor trainers
- Free digital course materials
- Two-year digital student certificates available as soon as instructor inputs successful course completion record

A Full Portfolio to Meet All Needs

Core Courses

Aquatic Attraction Lifeguarding

Junior Lifeguarding

Lifeguarding

Lifeguarding Instructor

Shallow Water Lifeguarding

Add-on Modules and/or Standalone Courses

Basic Water Rescue

CPR/AED for

Professional Rescuers

Administering Emergency Oxygen

Anaphylaxis and

Epinephrine Auto-Injector

Asthma Inhaler Training

Bloodborne Pathogens

First Aid for Public

Safety Personnel (California Title 22)

Lifeguard Management

Safety Training for Swim Coaches

Waterfront Skills

Waterpark Skills

Three Learning/Testing Options

Blended learning

(online + classroom)

Instructor-led (100% classroom)

Review (abridged renewal courses for Lifeguarding, Lifeguarding Instructor/ Instructor Trainer to maintain certification and competency)

Two Delivery Outlines

Standard (once/week or full week courses)

Intensive (long weekend courses)

The Red Cross advantage:
the gold standard
in aquatics.

High-quality, convenient,
and affordable courses

Full portfolio of courses and products

Scientific, evidenced-based content

Easy-to-administer formats
and delivery

Ready to learn more?
redcross.org/lifeguarding

