

Lifeguard Water Tests

Timed Swimming Tests

1. 25 yard Sprint Swim
Start on the deck, on the command "Go" perform a long shallow dive and swim using either a front crawl or breaststroke 25 yards and touch the wall or bulkhead on the opposite side. The clock will start on the command go and will stop when the opposite wall is touched. The total time must be 18.0 seconds or less.
2. 500 yard Swim
Start in the water with at least one hand holding the wall. On the command "Go" perform a 500 yard continuous swim using either the front crawl or breast stroke. . The clock will start on the command go and will stop when the wall is touched at the completion of 500 yards. The total time must be 10:00.0 min. or less
3. Dive, swim and tow 10 pound brick
Start from the deck, on the command "Go" perform a long shallow dive and swim 25 yards. Retrieve a 10 lbs. diving brick from the bottom of the pool (10 ft.) and return to the start carrying the brick. (This is usually performed by doing the side stroke and holding the brick on the high hip with one hand always in contact with the brick.) The clock will start on the command "Go" and will stop when the swimmer touches the starting wall on their return with the brick. The total time must be 1:10.0 minutes or less.
4. Treading water
Start in the water. While keeping both hands in contact with the 10 lbs. diving brick, tread water using the legs only for two continuous minutes (120 seconds). At least one side of the brick should be at or above the static water level. The swimmer should be in a near vertical position with the face out of the water. The swimmer may move about during the test but may not remove their hands from the brick. If the one or more hands are removed from the brick the test is failed.
5. Dive 14 feet retrieve the brick
Start on the surface of the water make a feet first dive and grab the break. Bring the brick to the surface in 20 seconds or less.
6. Active Victim Rescue
Start form the deck with a rescue tube worn properly and the extra cord secured. Perform an appropriate entry and swim to the victim. Contact the victim and perform an appropriate rescue. Keep the victim's face out of the water while controlling the victim and the rescue tube. Return to the start with the victim. Secure the victim to the wall.
7. Submerged Passive Victim Rescue
Start from the deck with a rescue tube worn properly and the extra cord secured. Perform an appropriate entry and swim approximately 15 - 20 yards to an apparently unconscious victim sinking to the bottom of the pool. Perform an appropriate rescue. Support the victim so their face is out of the water. Return to the start. When you reach safety, with the help of another person remove the victim from the water. Once the victim is on the deck, position the victim for emergency care. The CPR scenario will follow using a manikin.
8. Shallow Water Spinal Injury Management
Starting from the deck, perform an appropriate entry. Approach a suspected spinal injury victim that is floating in a face down position at the surface. Perform an appropriate rescue immobilizing the spine and move the victim to a face up position. Maintain this position until the tester ends the session.
9. Deep Water Spinal Injury Management
Starting from the deck with a rescue tube worn properly and the extra cord secured. Perform an appropriate entry. Approach a suspected spinal injury victim that is floating in a face down position at the pool bottom(14 feet). Perform an appropriate rescue. Immobilize the spine and move the victim to a face up position. Move to safety and maintain this position until the tester ends the session.
10. CPR Scenario
Using a manikin perform the appropriate skills based on the condition of the victim as directed by the tester. Skills are to be performed until the situation changes or the tester ends the scenario. The condition of the victim may include any or all of the following:
 - a. Unresponsiveness
 - b. Responsive
 - c. Non-breathing
 - d. Breathing
 - e. Obstructed airway
 - f. No pulse
 - g. Pulse
 - h. Vomiting