

## Purpose

The purpose of the Waterpark Skills module is to teach lifeguards the skills and knowledge needed to prevent and respond to emergencies in aquatic facilities with waterpark features.

## Certification Prerequisites

Candidates must have a current American Red Cross certificate for Lifeguarding/First Aid/CPR/AED or Shallow Water Lifeguarding/First Aid/CPR/AED.

## Skill Prerequisites

Candidates must:

1. Be 15 years old on or before the final scheduled session of the course.
2. Swim 300 yards, continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
3. Tread water for 2 minutes, using only the legs. Candidates should place their hands under the armpits.
4. Complete a timed event within 1 minute, 40 seconds:
  - Starting in the water, swim 20 yards. Swim goggles are not allowed.
  - Surface dive, feet-first or headfirst, to a depth of 7 to 10 feet to retrieve a 10-pound object.
  - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath.
  - Exit the water without using a ladder or steps.

## Learning Objectives

Candidates must:

- Demonstrate proficiency in all of the prerequisite skills.
- Describe the unique aspects of waterpark lifeguarding.
- Demonstrate how to perform the waterpark rescue skills safely and effectively.

## Length

3 hours 45 minutes

## Instructor

Currently certified Lifeguarding instructors or instructor trainers who have obtained a Waterpark Skills certificate, oriented to the Waterpark Skills portion in the Lifeguarding Instructor's manual and received authorization as a Waterpark Skills instructor from the American Red Cross Learning Center.

## Certification Requirements

Candidates must:

- Attend the entire course and participate in all class sessions.
- Actively participate in all course activities, including assuming various roles during scenarios.
- Demonstrate competency in all required skills.
- Pass the final skills scenarios.
- Successfully pass final written exams with a minimum grade of 80%. If a participant fails to reach the minimum 80% on the final written exam, a retest is allowed using the other version of the exam, provided that the learner has passed the practical assessment.

## Certificate Issued and Validity Period

- The American Red Cross certificate for Waterpark Skills is valid for 2 years.
- The Waterpark Skills certificate is only valid when accompanied by a current American Red Cross certificate for Lifeguarding/First Aid/CPR/AED or Shallow Water Lifeguarding/First Aid/CPR/AED.

## Participant Products/Materials (available in digital and print formats)

*American Red Cross Lifeguarding Manual*