

# APPLICATION FOR BSA LIFEGUARD

## COUNCIL RECORD

Is counselor trained? \_\_\_\_\_

Is applicant registered? \_\_\_\_\_

APPROVAL:

Card written \_\_\_\_\_

Filed for year-end report and with the council aquatics committee \_\_\_\_\_

This form to be used in local council only

\_\_\_\_\_, registered in \_\_\_\_\_ No. \_\_\_\_\_ of \_\_\_\_\_,  
Name Unit City or Town

who lives at \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_,  
City or Town State Zip Code

has satisfactorily completed all requirements for BSA Lifeguard. Date of completion \_\_\_\_\_ Completion Option No. \_\_\_\_\_

\_\_\_\_\_  
Instructor's Name Signature Date

BSA Aquatics Instructor

BSA Lifeguard Instructor

### BSA LIFEGUARD TRAINING PROCEDURE

- Only those persons currently trained as *BSA Aquatics Instructor* or *as BSA Lifeguard Instructor* may train the completion of BSA Lifeguard requirements.
- Training as BSA Lifeguard is valid for three years from the date of application.
- All requirements must be met. (See completion options.)
- 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 under the direction of either a BSA Lifeguard Instructor or a BSA Aquatics Instructor. The course for the BSA Lifeguard is in the *BSA Lifeguard Instructor Manual*.

### BSA LIFEGUARD RETRAINING

To renew BSA Lifeguard, a person who previously has a completion card 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 six months may renew or extend the training by "challenging" the course requirements without attending the standard

class sessions. The instructor may provide a short review or skills recheck prior to the testing. Summer camp aquatics directors should renew training for aquatics staff members during pre-camp training while emphasizing local camp facilities, procedures and emergency action plan(s). See completion options under "BSA Lifeguard Requirements."

### INSTRUCTOR'S RESPONSIBILITY

Scouts, Venturers, or adults who become trained BSA Lifeguards must be well-qualified and able to use their knowledge as a lifeguard in case of need without undue danger to themselves and with a reasonable chance of success. The instructors 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 as lifeguards.

The reputation of the instructors as experts depends to a great extent on the actual performance of those they qualify. Therefore, they should be certain that the candidate's ability is, without doubt, of the highest caliber. It is expected that the BSA Lifeguard emblem and card will always stand for a very high standard of skill. The instructors to whom this responsibility is entrusted are expected to maintain that standard. For interpretation of requirements, see *BSA Lifeguard Instructor Manual*, No. 34519.

### BSA LIFEGUARD REQUIREMENTS

To be trained as a BSA Lifeguard, you must successfully complete the BSA Lifeguard course and demonstrate the ability to perform each of the skills taught in the course.

#### Prerequisites

Before doing requirements 6 through 25, complete the following:

- |  |       |       |
|--|-------|-------|
| 1. Submit proof of age. You must be at least 15 years old to participate.  | _____ | _____ |
| 2. Submit written evidence of fitness for swimming activities (signed health history).   | _____ | _____ |
| 3. Swim continuously for 550 yards, including at least 100 yards each of the following strokes in good form: front crawl, breaststroke, elementary backstroke, and sidestroke. | _____ | _____ |
| 4. Immediately following the above swim, tread water for two minutes.  | _____ | _____ |

- |   |       |       |
|---|-------|-------|
| 5. Starting in the water, swim 20 yards using a front crawl or breaststroke, surface dive 7 to 10 feet, retrieve a 10-pound object, surface, swim with the object 20 yards back to the starting point, and exit the water, all within 1 minute, 40 seconds. | _____ | _____ |
|---|-------|-------|

#### Requirements

Complete the following requirements within a 120-day period:

- |  |       |       |
|--|-------|-------|
| 6. Demonstrate reaching assists from the deck using an arm, a rescue tube, and a pole.   | _____ | _____ |
| 7. Demonstrate throwing assists using a throw bag and a ring buoy with line attached. Throw each device such that the line lands within reach of a conscious subject 30 feet from shore. | _____ | _____ |



**BSA LIFEGUARD REQUIREMENTS**

	Date	Instructor's Initials
8. Demonstrate:		
a. Rescue of a conscious subject in deep water using a rescue board, kayak, rowboat, canoe, or other rescue craft that would be available at your local facility.	_____	_____
b. Repeat for an unconscious subject.	_____	_____
9. Demonstrate an entry and front approach with a rescue tube to a conscious subject in deep water 30 feet away from shore. Extend the rescue tube within the grasp of the subject and then tow the subject back to the entry point, providing direction and reassurance throughout.	_____	_____
10. Demonstrate an entry and rear approach with a rescue tube to a conscious subject in deep water 30 feet away from shore. Grasp the victim from behind using a scoop technique under the arms to support the subject against a rescue tube squeezed between the victim's back and the rescuer's chest. Reassure the subject and tow the subject to shore.	_____	_____
11. Demonstrate use of a rescue tube to assist two subjects grasping each other.	_____	_____
12. Demonstrate both front and rear head-hold escapes from a subject's grasp.	_____	_____
13. Demonstrate a feet-first entry in deep water with a rescue tube and swim an approach stroke 25 yards within 25 seconds while trailing the tube.	_____	_____
14. Demonstrate an entry and front approach with a rescue tube to a face-down unconscious subject at or near the surface in deep water. Use a wrist tow to place the subject face-up on the rescue tube and use a one-arm tow to the closest point of safety.	_____	_____
15. Demonstrate an entry and rear approach with a rescue tube to a face-down unconscious subject at or near the surface in deep water. Use a scoop technique to position the rescue tube between the subject and the rescuer's chest, then either lean back or rotate to bring the subject face-up. Tow the subject to the nearest point of safety using either a two-arm tow or switching to a one-arm tow.	_____	_____
16. Demonstrate an entry and approach with a rescue tube to an unconscious subject submerged face-down at or near the bottom in 6 to 8 feet of water. Bring the subject to the surface and tow to the nearest point of safety.	_____	_____
17. Remove a subject from the water using each of the following techniques in the appropriate circumstances with the aid of a second rescuer:		
a. Vertical lift at the edge of a pool or pier using a backboard	_____	_____
b. Walking assist	_____	_____
c. Beach drag	_____	_____
18. Participate in multiple-rescuer search techniques appropriate for a missing subject in murky water:		
a. Line search in shallow water	_____	_____
b. Underwater line search in deep water without equipment	_____	_____
c. Underwater line search in deep water with mask and fins	_____	_____
19. Demonstrate head-splint (extended arm rollover) in-line stabilization for a face-down subject with suspected spinal injury in very shallow water (18 inches or less).	_____	_____
20. Demonstrate head-splint in-line stabilization for a suspected spinal injury in shallow water (waist to chest deep):		
a. For a face-up subject	_____	_____
b. For a face-down subject	_____	_____
21. Demonstrate head and chin support in-line stabilization for a suspected spinal injury in shallow water (waist to chest deep):		
a. For a face-up subject	_____	_____
b. For a face-down subject	_____	_____

	Date	Instructor's Initials
22. Demonstrate in-line stabilization for a suspected spinal injury in deep water, swim the subject to shallow water, confirm vital signs, and, with the assistance of three others, remove the subject from the water using a backboard with straps and a head immobilization device.	_____	_____
23. Correctly answer 80 percent of the questions on the BSA Lifeguard written test covering Safe Swim Defense, aquatics procedures at BSA camps, guard duties, emergency action plans, surveillance, and water rescue. Review any incomplete or incorrect answers.	_____	_____
24. Show evidence of current training in American Red Cross First Aid (valid for three years) and American Red Cross CPR/AED for the Professional Rescuer (valid for one year) or equivalent (includes any training for a camp health officer recognized by BSA national camp standards).	_____	_____
25. Serve as a lifeguard, under supervision, for at least two separate BSA swimming activities for a combined time of two hours. Afterward, discuss the experience with the lifeguarding instructor.	_____	_____

**Completion Options**

Course completion cards are valid only when signed by either a current BSA Aquatics Instructor or BSA Lifeguard Instructor approved by the local council. Training is valid for three years provided First Aid and CPR/AED for the Professional Rescuer training are kept current during that period.

There are four ways to obtain a course completion card:

1. **Course Completion**—Complete all requirements in the instructor manual during a scheduled course of instruction. The participant must attend all course sessions. Makeup sessions are allowed at the instructor's discretion. If an individual is unable to complete all requirements during the scheduled course, the instructor may elect to continue training until the participant is able to complete all the requirements provided the total elapsed time from start to finish does not exceed the 120-day period.
2. **Renewal Challenge**—Anyone with a BSA Lifeguard completion card that is current or has expired within six months may renew or extend the training by performing requirements 2 through 24 without attending the standard course sessions. Prior to the testing, the instructor may provide a renewal training session to review and update skills and information. Summer camp aquatics directors should renew training for aquatics staff members during precamp training while emphasizing local camp facilities, procedures, and emergency action plans.
3. **Crossover Challenge**—Anyone who holds current training in American Red Cross Lifeguarding, American Red Cross Waterfront Lifeguarding, or other lifeguard training programs may obtain a BSA Lifeguard completion card by performing requirements 1 through 25 without attending the standard course sessions. The lifeguard training program that issued the training certificate must be recognized by the local or state regulatory agency that sets standards for lifeguards at youth camps. The instructor may provide a crossover training session to review and update skills and information prior to the testing. The applicant may receive credit for requirement 25 if within the past 18 months he or she has served as a lifeguard, under supervision, or has supervised lifeguards, for at least two separate BSA swimming activities for a combined time of two hours. Otherwise, due to BSA procedures not implemented at other lifeguarding venues, the applicant must accomplish requirement 25.
4. **Co-instructors** (BSA Aquatics Instructor or BSA Lifeguard Instructor) may each sign a completion card for the other at the conclusion of a BSA Lifeguard course if they satisfy requirements 2–22 and 24.

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