



APPLICATION FOR BSA LIFEGUARD

COUNCIL RECORD

Is counselor trained? _____

Is applicant registered? _____

APPROVAL:

Card 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 _____

Training Counselor's Signature	Type of Training	Expiration Date
Instructing Counselor's Signature	Type of Training	Expiration Date
Instructing Counselor's Signature	Type of Training	Expiration Date

BSA LIFEGUARD TRAINING PROCEDURE

1. Only those persons currently trained as *BSA Aquatics Instructor* or as *BSA Lifeguard Counselor* may train the completion of BSA Lifeguard requirements.
2. Training as BSA Lifeguard is valid for 3 years from the date of application.
3. All requirements must be met— no substitutions or omissions are permitted.
4. The completed application is sent to the local council service center where BSA Lifeguard emblems may be purchased.
5. 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

	Date	Counselor's Initials		Date	Counselor's Initials
<p>1. Age Requirement. To enroll in the BSA Lifeguard course, you must either be at least 14 years of age or have completed the eighth grade.</p> <p>2. Prerequisites. To enroll in the BSA Lifeguard course, you must:</p> <p>A. Swim 400 yards: Jump feetfirst into water over your head and swim continuously, in a strong manner, 400 yards. The 400 yards shall include at least 50 yards each of the elementary backstroke, the breaststroke, the sidestroke, and either the crawl or trudgen.</p>	_____	_____	<p>B. Surface dive: Perform both a feet-first and a head-first (tuck or pike) surface dive in 8 to 10 feet of water, and recover a 10-pound weight on each dive.</p> <p>C. Demonstrate the ability to rest by floating.</p> <p>D. Perform a long, shallow dive.</p> <p>3. Aquatics Skills. Perform each of the following aquatics skills:</p> <p>A. Perform a long, shallow dive into deep water and swim an approach stroke 25 yards in 20 seconds or less.</p>	_____	_____

BSA LIFEGUARD REQUIREMENTS

	Date	Counselor's Initials
B. Throw a line for accuracy 10 yards, three times in 1 minute. The line may be weighted, unweighted, or attached to 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) Perform a swimming extension rescue. Using a front approach, swim with the rescue tube 15 yards to a distressed swimmer, extend the rescue tube to the victim, have the victim grasp it, and tow the victim back to the starting point in the water.	_____	_____
(2) Perform an active drowning victim rear rescue. Using a rear approach, swim with a 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.	_____	_____
(3) Perform a passive drowning victim rear rescue. Using a rear approach, swim with the rescue tube 15 yards to face down victim; squeeze the rescue tube between your chest and the victim's back, role the victim face up and tow the victim back to the starting point in the water.	_____	_____
(4) Passive drowning victim front approach. Approach a facedown, unconscious victim from the front. Reaching across the rescue tube, grasp the victim's wrist and rotate the victim into the rescue tube. Clamp the victim to the tube with your other arm and tow the victim back to the starting point.	_____	_____
(5) Perform a submerged victim rescue. Approach until you are over the victim and do a feet-first surface dive. Using the rescue tube between your chest and the victim's back, move the victim to the starting point.	_____	_____
E. Perform a swimming rescue of a distressed or active victim using a flotation aid other than a rescue tube. Demonstrate an appropriate entry and approach stroke for 15 yards and then tow the victim to the starting point.	_____	_____
F. Perform a stride jump into water at least 9 feet deep, swim 15 yards to an unconscious victim, use a front surface approach, position the victim for a wrist tow, and use a wrist tow to return the victim to the starting point in the water.	_____	_____
G. Perform a long, shallow dive into water at least 9 feet deep, swim 15 yards to beyond the victim, position the victim in either a single- or double-armpit tow, and tow the victim to the starting point in the water.	_____	_____
H. Perform a compact jump into water at least 9 feet deep; using a rear approach, swim 15 yards to an active victim, contact the victim and level the victim using a single- or double-armpit tow, position the victim in a cross-chest carry, and return the victim to the starting point in the water.	_____	_____

	Date	Counselor's Initials
I. Perform the following defense and escapes:		
(1) Wrist-grip escape	_____	_____
(2) Rear head-hold escape	_____	_____
(3) Front head-hold escape	_____	_____
J. Remove the victim from the water using each of the following techniques, in the appropriate circumstances:		
(1) Lift from the water using a backboard and two lifeguards	_____	_____
(2) Walking assist	_____	_____
(3) Beach drag	_____	_____
K. Perform an ease-in entry in 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.	_____	_____
L. Perform an ease-in entry in 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.	_____	_____
M. As a team member, participate in a backboarding procedure in shallow water.	_____	_____
N. Demonstrate the proper use of mask, snorkel, and fins.	_____	_____
4. First Aid and CPR		
A. Show evidence of the ability to perform the skills and knowledge of basic first aid.	_____	_____
B. Show knowledge of the procedures for the universal precautions for bloodborne pathogens.	_____	_____
C. Hold current certification in basic cardiopulmonary resuscitation (CPR) from the American Heart Association, the American Red Cross, or the National Safety Council.	_____	_____
5. Examination. 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 (standard BSA Lifeguard examination).	_____	_____
6. Supervised Lifeguarding. Serve as a lifeguard, under supervision, for at least two swimming activities (2 to 3 hours total).	_____	_____

BSA Lifeguard Retraining

BSA Lifeguard training is valid for three years from the date when the training was successfully completed. To retrain as a BSA Lifeguard, a person who previously has been trained, may either:

- Again take the regular BSA Lifeguard course and successfully complete each of the requirements
- (For those whose BSA Lifeguard training is current or has expired no longer ago than 12 months) Demonstrate a current knowledge of and ability to perform the skills required by performing each of the BSA Lifeguard requirements. (In this case, it is not necessary to take the BSA Lifeguard course over again.)

#34435B





Summary of requirements for BSA

Lifeguard:

Age Requirement: 14 years old or completed 8th grade

Prerequisites:

1. Swim 400 yards using a combination of strokes:
 - 50 yards elementary backstroke
 - 50 yards breaststroke
 - 50 yards front crawl or trudgen
 - 50 yards sidestroke
2. Surface dive in 8-10 ft of water to retrieve 10 lb weight
3. Float - Demonstrate ability to rest
4. Dive - Perform long, shallow dive
5. Demonstrate rowing skills; launching a boat; Swamped boat drill; use and care of PFD's

Aquatic Skills: Demonstrate the following aquatic skills:

1. Long shallow dive into deep water; swim 25 yards in 20 sec. or less
2. Throw a line for accuracy 10 yards, three times in one minute
3. Rescue a swimmer using a rowboat
4. Demonstrate front approach rescues using a rescue tube
5. Unconscious rescue using front approach
6. Rescue using rear approach - tow

7. Rescue using rear approach - cross chest carry
8. Demonstrate four different defenses and escapes
9. Demonstrate four different techniques to remove a victim from water
10. Rescue simulating a spinal injury – shallow
11. Rescue simulating a spinal injury - deep water
12. Participate in back-boarding in shallow water
13. Perform all requirements of [BSA Snorkeling Award](#)

First Aid and CPR

1. Show evidence of skill required for [First Aid Merit Badge](#)
2. Demonstrate skills to treat near drowning; how to protect against bloodborne pathogens and other related first aid items
3. Current CPR certification from American Red Cross www.crossnet.org, National Safety Council www.crossnet.org or American Heart Association www.cpr-ecc.org

Examination

Score 80 or better on the BSA Lifeguard written or oral exam

Practical Experience

1. Explain how to guard the following activities:
 - Recreational swim
 - Unit Swim

- Instructional Swim
- Boating Activity
- Special Event

2. Serve as a lifeguard in a supervised setting for at least two activities totaling 2-3 hours