

“The Prerequisite Test for the Lifeguard Training must be passed by the Lifeguard candidate before the completion of the course. The Prerequisite Test consists of a 300 yard swim. 100 yards Freestyle, 100 yards Breaststroke, and 100 yards of either Freestyle or Breaststroke. This swim is not timed, however; the Lifeguard candidate may not stop at any time during the swim. The second part of the Prerequisite Test is a brick retrieval. The Lifeguard candidate must swim out 20 yards, surface dive 7-10 feet down, pick up a 10 pound brick, swim back to the surface and swim with the brick back to the side using their legs only. There they must put the brick out on the side and climb out of the pool. Time is stopped when both the brick and Lifeguard are out of the pool. This section must be completed in 1 minute 40 seconds. If you have any questions or concerns please call the office.”