

## Pre-Course Instructions:

1. Swim 550 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. Goggles may be used.
  - a. Rhythmic breathing includes having your face in the water while swimming your stroke and coming up to breathe only when needed.
2. Tread water for 2 minutes using only the legs. Candidates should place their hands in their armpits.
3. Complete a timed even within 1 minute, 40 seconds:
  - Starting in the water, swim 20 yards. The face may be in or out of the water. **Goggles are not allowed. Please prepare adequately for this.**
  - Surface dive (feet first or head first) to a depth of 7-10 feet to retrieve a 10lb object
  - Return to the surface and swim 20 yards on the back to return to the starting point with both hands on the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water.
  - Exit the water without using a ladder or steps.
4. Swim 5 yards, submerge and retrieve 3 diving rings placed 5 yards apart in 4-7 feet of water, resurface and continue to swim another 5 yards.

\*\*\* Please note that each element of the pre-course is required for a reason. If you cannot complete any 1 of the 4 elements, be aware that you will not be able to finish the lifeguard course.

\*\*\*Please let me know ahead of time if you think that any of these elements will not work for you.

\*\*\*If you wear contact lenses, be aware that you may lose them during this course. I would highly advise you bring extras to wear for classroom time and to wear at the end of the day.

Good luck!