

## 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					

Name		No of _	City or Town	1
who lives atStreet or R.F.D.	Address	City or Town	State	Zip Code
has satisfactorily completed all requirement	s for BSA Lifeguard. Date of c	ompletion		
Training Counselor's Signatu	re	Type of Tra	aining	Expiration Date
Instructing Counselor's Signal	ure	Type of Tra	aining	Expiration Date
Instructing Counselor's Signat	ure	Type of Tra	aining	Expiration Date

## **BSA LIFEGUARD TRAINING PROCEDURE**

- Only those persons currently trained as BSA Aquatics Instructor or as BSA Lifeguard Counselor may train the completion of BSA Lifeguard requirements.
- 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.
- 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		Counselor's Initials			Counselor's Initials
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.		head-first (tuck or pike) surface dive	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		
2. Prerequisites. To enroll in the BSA Lifeguard			on each dive.		
course, you must:			C. Demonstrate the ability to rest by floating.		
A. Swim 400 yards: Jump feetfirst into water over			D. Perform a long, shallow dive.		
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.			<ol><li>Aquatics Skills. Perform each of the following aquatics skills:</li></ol>		
			A. Perform a long, shallow dive into deep water and swim an approach stroke 25 yards in 20 seconds or less.		

BSA LIFEGUARD REQUIREMENTS	Date	Counselor's Initials	Date	Counselor'
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.			I. Perform the following defense and escapes:  (1) Wrist-grip escape  (2) Rear head-hold escape	
C. Perform a rescue of a swimmer using a water- craft common to your area. Explain how other watercraft can be used to perform a rescue.			(3) Front head-hold escape  J. Remove the victim from the water using each of the follow	ing tech
Explain the advantages and disadvantages of different craft in making rescues.			niques, in the appropriate circumstances:  (1) Lift from the water using a backboard	ing teen
D. Perform each of the following rescues with the aid of a rescue tube:			and two lifeguards	
(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.			(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.	
(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.			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	
(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			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,	
victim face up and tow the victim back to the starting point in the water.			snorkel, and fins  4. First Aid and CPR	
(4) Passive drowning victim front approach. Approach a facedown, unconscious victim			A. Show evidence of the ability to perform the skills and knowledge of basic first aid	
from the front. Reaching across the rescue tube, grasp the victim's wrist and rotate the victim into the rescue tube. Clamp the victim			B. Show knowledge of the procedures for the universal precautions for bloodborne pathogens.	
to the tube with your other arm and tow the victim back to the starting point.  (5) Perform a submerged victim rescue.			C. Hold current certification in basic cardiopulmonary resuscitation (CPR) from the American Heart Association, the American Red Cross, or the National Safety Council.	
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.			5. Examination. Demonstrate an understanding of aquatics program and emergency management skills by correctly answering 80 percent of the	
E. Perform a swimming rescue of a distressed or active victim using a flotation aid other than a rescue tube. Demonstrate an appropriate entry			questions in a written or oral exam on theory and knowledge (standard BSA Lifeguard examination).	
and approach stroke for 15 yards and then tow the victim to the starting point.			6. Suppervised Lifeguarding. Serve as a lifeguard, under supervision, for at least two swimming activities (2 to 3 hours total).	
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			BSA Lifeguard Retraining  BSA Lifeguard training is valid for three years from the date valid training was successfully completed. To retrain as a BSA Life	
the victim to the starting point in the water.  G. Perform a long, shallow dive into water at least			person who previously has been trained, may either:  • Again take the regular BSA Lifeguard course and successful	
9 feet deep, swim 15 yards to beyond the victim position the victim in either a single- or double-	ı		plete each of the requirements	
<ul><li>armpit tow, and tow the victim to the starting point in the water.</li><li>H. Perform a compact jump into water at least 9 feet</li></ul>			(For those whose BSA Lifeguard training is current or has explonger ago than 12 months) Demonstrate a current knowledge ability to perform the skills required by performing each of	ge of and the BS
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.	1		Lifeguard requirements. (In this case, it is not necessary to BSA Lifeguard course over again.)	take th