



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TRAINED TO SAVE



Do you have what it takes?

Below are the Lifeguard Swim Requirements

## Physical Competency Test:

- 2 minute treading water, 100 yards Front Crawl.
- 50 yards of each of the following:
  - Front Crawl with head up
  - Sidestroke
  - Breast Stroke,
  - Breast Stroke with head up,
  - Elementary backstroke kick with hands on chest.
- Start in the water at the shallow end. – Sprint for a distance of approximately 60 feet (20 Yards), and then perform an arm-over-arm surface dive in 9 feet of water. Pick up an object from the bottom of pool, surface, tread water for at least 1 minute with legs only, and replace the object back to the bottom of the pool where it was found. Swim the remaining length to end of the pool, and hoist yourself out of the water. Immediately begin compressions on an adult manikin for 1 minute or 100 compressions, then answer a question asked by the instructor.

If you can complete all of this in one pool session, then you may want to become a lifeguard for the Bristol Family YMCA.

For more information, see: Suzanne Wantland, Healthy Living Director