



# APPLICATION FOR BSA LIFEGUARD

## COUNCIL RECORD

Is counselor trained? \_\_\_\_\_

Is applicant registered? \_\_\_\_\_

APPROVAL:

Card written \_\_\_\_\_

Filed for year-end report and with the council  
aquatics committee \_\_\_\_\_

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

- 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 three years from the date of application.
- 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.
- 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 renew BSA Lifeguard, a person who previously has a completion card 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 six months may renew or extend the training by "challenging" the course requirements without attending the standard class sessions.

The instructor may provide a short review or skills recheck prior to the testing. Summer camp aquatics directors should renew training for aquatics staff members during pre-camp training while emphasizing local camp facilities, procedures and emergency action plan(s).

### COUNSELORS' RESPONSIBILITY

Scouts, Venturers, or adults who become trained BSA Lifeguards must be well qualified and able to use their knowledge as a lifeguard 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 as lifeguards.

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. 34536B.

### BSA LIFEGUARD REQUIREMENTS

	Date	Counselor's Initials		Date	Counselor's Initials
<b>1. Age Requirement.</b> To enroll and participate in the BSA Lifeguard course, participants must submit proof of being at least 15 years old.	_____	_____	<b>C.</b> Immediately following the above swim, tread water for two minutes.	_____	_____
<b>2. Prerequisites.</b> To enroll in the BSA Lifeguard course, you must:			<b>D.</b> Starting in the water, swim 20 yards using a front crawl or breaststroke, surface dive 7–10 feet, retrieve a 10-pound object, surface, swim with the object 20 yards back to the starting point and exit the water within 1 minute 40 seconds.	_____	_____
A. Submit written evidence of fitness for swimming activities (signed health history).	_____	_____	<b>3. BSA Lifeguard Requirements</b>		
B. Swim continuously for 550 yards, including at least 100 yards each of the following strokes in good form: front crawl, breaststroke, elementary backstroke, and sidestroke.	_____	_____	A. Demonstrate reaching assists from the deck using arm, a rescue tube, and a pole.	_____	_____

**BSA LIFEGUARD REQUIREMENTS**

	Date	Counselor's Initials
B. Demonstrate throwing assists using a throw bag and a ring buoy with line attached. Throw each device such that the line lands within reach of a conscious subject 30 feet from shore.	_____	_____
C. Demonstrate:		
(1) Rescue of a conscious subject in deep water using a rescue board, kayak, rowboat, canoe, or other rescue craft that would be available at your local facility.	_____	_____
(2) Repeat for an unconscious subject.	_____	_____
D. Demonstrate an entry and front approach with a rescue tube to a conscious subject in deep water 30 feet away from shore. Extend the rescue tube within the grasp of the subject and then tow the subject back to the entry point, providing direction and reassurance throughout.	_____	_____
E. Demonstrate an entry and rear approach with a rescue tube to a conscious subject in deep water 30 feet away from shore. Grasp the victim from behind using a "scoop" under the arms to support the subject against a rescue tube squeezed between the victim's back and the rescuer's chest. Reassure the subject and tow the subject to shore.	_____	_____
F. Demonstrate use of a rescue tube to assist two subjects grasping one another.	_____	_____
G. Demonstrate both front and rear head-hold escapes from a subject's grasp.	_____	_____
H. Demonstrate a feet-first entry in deep water with a rescue tube and swim an approach stroke 25 yards within 25 seconds while trailing the tube.	_____	_____
I. Demonstrate an entry and front approach with a rescue tube to a face-down unconscious subject at or near the surface in deep water. Use a wrist tow to place the subject face-up on the rescue tube and use a one-arm tow to the closest point of safety.	_____	_____
J. Demonstrate an entry and rear approach with a rescue tube to a face-down unconscious subject at or near the surface in deep water. Use a "scoop" technique to position the rescue tube between the subject and the rescuer's chest, then either lean back or rotate to bring the subject face-up. Tow the subject to the nearest point of safety using either a two-arm tow or switching to a one-arm tow.	_____	_____
K. Demonstrate an entry and approach with a rescue tube to an unconscious subject submerged face-down at or near the bottom in six to eight feet of water. Bring the subject to the surface and tow to the nearest point of safety.	_____	_____
L. Remove a subject from the water using each of the following techniques in the appropriate circumstances with the aid of a second rescuer:		
(1) Vertical lift at the edge of a pool or pier using a backboard	_____	_____
(2) Walking assist	_____	_____
(3) Beach drag	_____	_____
M. Participate in multiple-rescuer search techniques appropriate for a missing subject in murky water:		
(1) Line search in shallow water	_____	_____
(2) Underwater line search in deep water without equipment	_____	_____

	Date	Counselor's Initials
(3) Underwater line search in deep water with mask and fins	_____	_____
N. Demonstrate head-splint (extended arm rollover) in-line stabilization for a face-down subject with suspected spinal injury in very shallow water (18 inches or less).	_____	_____
O. Demonstrate head-splint in-line stabilization for a suspected spinal injury in shallow water (waist to chest deep):		
(1) For a face-up subject	_____	_____
(2) For a face-down subject	_____	_____
P. Demonstrate head and chin support in-line stabilization for a suspected spinal injury in shallow water (waist to chest deep):		
(1) For a face-up subject	_____	_____
(2) For a face-down subject	_____	_____
Q. Demonstrate in-line stabilization for a suspected spinal injury in deep water, swim the subject to shallow water, confirm vital signs, and, with the assistance of three others, remove the subject from the water using a backboard with straps and a head immobilization device.	_____	_____
<b>4. First Aid and CPR.</b> Show evidence of current training in American Red Cross First Aid (valid for three years) and CPR/AED for the Professional Rescuer (valid for one year) or equivalent. (Includes any training for a camp medical officer recognized by BSA National Camp Standards.)	_____	_____
<b>5. Examination.</b> Correctly answer 80 percent of the questions on the BSA Lifeguard written test covering Safe Swim Defense, aquatics procedures at BSA camps, guard duties, emergency action plans, surveillance, and water rescue. Review any incomplete or incorrect answers.	_____	_____
<b>6. Supervised Lifeguarding.</b> Serve as a lifeguard, under supervision, for at least two separate swimming activities for a combined time of two hours. Afterward, discuss the experience with the lifeguarding instructor.	_____	_____
<b>7. BSA Lifeguard Completion Options.</b> Course completion cards are valid only when signed by either a current Aquatics Instructor BSA or BSA Lifeguard instructor approved by the local council. Training is valid for three years provided first aid and CPR/AED training are kept current during that period. There are four ways to obtain a course completion card:		
A. Complete all requirements during attendance or make-up of sessions of the BSA Lifeguard course outlined in the instructors guide. If an individual is unable to complete all requirements during the scheduled course sessions, the instructor may elect to continue training until the participant is able to complete all the requirements, provided the total elapsed time from start to finish does not exceed the 120-day period.		
B. Anyone may challenge the course that holds current training in American Red Cross Lifeguarding, American Red Cross Waterfront Lifeguarding, or other lifeguard training programs recognized by the local state regulatory agency that sets standards for lifeguards at youth camps. The instructor may provide a "crossover" training session prior to the testing.		
C. Approved co-instructors for a course may each sign a completion card for the other, provided they successfully demonstrate each of the required skills.		
D. For retraining, see the retraining section above.		

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