

Shallow Water Lifeguard	Training Provider	Provider-designated Certification	Course Pre-Requisites	Course Length	Course Outcomes
	Ellis & Associates www.jellis.com	Shallow Water Lifeguard	(Current First Aid and CPR is required by 246-260 WAC rules for Shallow Water Lifeguards or Attendants) Before beginning the course, trainees must: <ul style="list-style-type: none"> • Be at least 15 yrs of age. • Swim 50 yard crawl or breast stroke without resting. • Swim 10 feet in 4 feet of water. • Retrieve 10 pound brick to surface. 	Course length is approximately 18 hours	This course provides instruction on anticipating, recognizing, and managing emergency and rescue situations in shallow water conditions.
	Lifesaving Society www.lifesaving.ca	Bronze Cross Award	Before beginning the course, trainees must possess Bronze Medallion award (available from the Canadian Lifesaving Society) and Emergency First Aid and: <ul style="list-style-type: none"> • Swim 20 yards & retrieve submerged victim. • Demonstrate 3 defenses and 3 releases front, side & rear. • Swim 550 yards in 15 minutes. 	Course length is approximately 3 full days of training	This course is a prerequisite to take the National Lifeguard Service training (Canadian Lifeguard Course) and provides instruction on: <ul style="list-style-type: none"> • Safe supervision in aquatic facilities. • The difference between lifesaving and lifeguarding, • The principles of emergency procedures and teamwork. • How to rescue a spinal-injured victim and a pulse-less victim.

For additional program information, please contact Gary Fraser at (360) 236-3073 or gary.fraser@doh.wa.gov.

Shallow Water Attendant	Training Provider	Provider-designated Certification	Course Pre-Requisites	Course Length	Course Outcomes
	American Red Cross www.redcross.org	Basic Water Rescue	(Current First Aid and CPR is required by 246-260 WAC rules for Shallow Water Lifeguards or Attendants). There are no prerequisites. It is recommended that participants be comfortable in chest deep water.	The course length is approximately 4 hours	Participants learn: <ul style="list-style-type: none"> • To recognize general risks for drowning and injury. • Water safety tips, with information on diving safety, life jackets. • Water safety emergency steps and action plans. • General information on reaching, throwing and wading assists.
	Ellis & Associates www.jellis.com	Water Safety Plus	Before beginning the course, trainees must: <ul style="list-style-type: none"> • Swim 50 yards without stopping. • Jump from deck into shallow and deep water. • Tread water for one minute. • Climb out of the pool w/out ladders. • Recover object from bottom of pool. 	The Water Safety Plus program can be completed in one day	Participants learn to: <ul style="list-style-type: none"> • Prevent accidents through strategies that warn, prevent access and reduce environmental hazards; • Develop and rehearse a surveillance plan and emergency procedure. • Recognize emergency situations, injured patrons, patrons in distress, and drowning victims. • Respond to and manage aquatic emergencies. • Perform safe surface and below-surface rescues. • Provide basic first aid, rescue breathing and CPR.
	YMCA Aquatic Safety www.ymca.com	Aquatic Safety Assistant	Before beginning the course, trainees must: <ul style="list-style-type: none"> • Swim 100 yards any stroke. • Tread water for two minutes, legs only (scissor, rotary or eggbeater). • Surface dive (head first/ feet first 4 to 6 feet). 	The course length is variable from 6-16 hours	Participants learn to: <ul style="list-style-type: none"> • Develop skills and knowledge needed in recognizing aquatic risks and emergencies. • Build confidence in their abilities to respond to a rescue by assisting a lifeguard in the event of an accident or injury emergency.

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