



Lifeguard PRETEST

Required Swimming Skills:

Swim a total of 150 Yards (from one end of pool to other is 25 yards, so 6 laps total)

Tread water for a total of 2 minutes using LEGS ONLY. Arms tucked into armpits. After completing the tread, swim 2 additional laps. You MAY use goggles for this portion of the test. It is NOT timed.

In 1min 40sec, Swim 20 yards and retrieve a 10lb dive brick from a depth of at least 7 feet. Swim back to the starting point while holding the brick with both hands. Exit the swimming pool without using a ladder. You may NOT use goggles for this portion of the test.

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