



# BSA Lifeguard Training

Spanish Trail Scout Reservation

May 19, 20, 21 & May 27 or June 3



## Want to be a BSA Certified Lifeguard?

Open to registered Scouts / Scouters age 15 and older

This is a packed program – Participants must be present for all sessions – No early departures

Register at: [Gulf Coast Council - BSA Lifeguard Training 2023 \(scoutingevent.com\)](https://www.scoutingevent.com/Gulf-Coast-Council-BSA-Lifeguard-Training-2023)

or Use QR Code



### SCHEDULE

May 19 – 21

Arrive between 5:00 and 6:00 PM Friday – Check-in and Immediate Swim Tests

Pickup 6:00 PM on Sunday

May 27 or June 3 – Breakfast and Lunch Provided

Arrive between 7:00 and 8:00 AM – Check-in and Breakfast

Depart 6:00 PM

**Please practice Swimming:** This is not just the BSA Swim Test. **Upon arrival,** participants must be able to:

- Swim continuously for 550 yards in good form using the front crawl or breaststroke or a combination of either, but swimming on the back or side is not allowed.
- Immediately following the above swim, tread water for two minutes with the legs only and the hands under the armpits.
- Starting in the water, swim 20 yards using a front crawl or breaststroke, surface dive 7 to 10 feet, retrieve a 10-pound object, surface, swim on your back with the object 20 yards back to the starting point with both hands holding the object, and exit the water, all within 1 minute, 40 seconds.

Limited to 12 participants with priority given to those staffing Summer Camp

- Fee is \$200 (Free for those staffing Summer Camp)
- All Meals provided
  - Cracker Barrel on Friday May 19
  - Breakfast, Lunch, Dinner & Cracker Barrel on May 20
  - Breakfast, Lunch, Snack on May 21
  - Breakfast & Lunch on May 27 / June 3
- Tents and Cots provided – Females (dependent upon numbers) will likely be in a Cabin

### **Prerequisites – Must be completed before arrival**

1. Proof of age and BSA Registration
2. Complete BSA Lifeguard Application
3. Submit written evidence of fitness for swimming activities (signed health history).
4. Show evidence of current training in the BSA online module for Safe Swim Defense. (Bring a picture of your training or a paper copy, Your BSA lifeguard is good for 2 years, and must always accompany current Safe Swim Defense training)
5. Strongly Suggested – Complete BSA Safety Afloat Training



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### Provided in Course

1. CPR Training for Professional Rescuers and Certificate
2. Sunscreen
3. Fanny-Pack with CPR Mask and Gloves
4. American Red Cross Lifeguard Manual
5. Upon Successful Completion:
  - Red Swim Trunks (male) or Swimsuit with shorts (female) – Lifeguard Patch applied
  - Pocket Certificate

### What to Bring:

1. Prerequisite materials
2. Camping gear (Tent / Cot Provided)
3. Swimwear
4. Towel
5. Sun hat
6. Changes of clothing
7. Closed-toed shoes

### Links:

#### Application:

[https://filestore.scouting.org/filestore/pdf/BSA\\_LG\\_2017\\_application.pdf](https://filestore.scouting.org/filestore/pdf/BSA_LG_2017_application.pdf)

#### Registration:

#### Medical Form:

[Annual Health and Medical Record | Boy Scouts of America \(scouting.org\)](#)



***Note: Anyone who holds current American Red Cross Lifeguarding certification may obtain a BSA Lifeguard completion card by performing requirements 1 through 26 without attending all the standard course sessions. Contact Don Smith to arrange.***

**Questions:** Contact Don Smith @ (214) 587-7349 or [Donfloridasmith@aol.com](mailto:Donfloridasmith@aol.com)