



**Red Cross
LIFEGUARD
CERTIFICATION**

Lifeguard Training

Spanish Trail Scout Reservation

September 18, 19 & 20, 2026



Want to be a Red Cross Certified Lifeguard?

Open to registered Scouts / Scouters age 15 and older

This is a packed program. It is a Red Cross “Blended” course (On-Line, In-Water and Classroom) – Participants must be present for all sessions and **complete the on-line portion prior to arrival** – No early departures
Register at: [Gulf Coast Council - Lifeguard Training](#), use the QR code below, or at the Gulf Coast Council website
After completing the Scouting event registration, you will receive an email to get access to the on-line portion of the class and, to establish your Red Cross account to which your Red Cross credentials will be tied.

Again, on-line training must be completed before arrival to participate in the class.

SCHEDULE

Friday, Sep 18

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

Introduction Session @ 7:00 PM and CPR Training @ 8:00 PM

Saturday, Sep 19 – Classroom and In-Water Training - All Day

Sunday, Sep 20 – Classroom and In-Water Training and Final Exam - All Day

Pickup 5:00 PM on Sunday

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

- Swim continuously for 300 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.

Limited to 16 participants

- Fee is \$125 – **Camp 2027 Waterfront Staff will get this refunded next year**
- All Meals provided
 - Cracker Barrel on Friday the 1st
 - Breakfast, Lunch, Dinner & Cracker Barrel on the 2nd
 - Breakfast and Lunch on the 3rd



- 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 Red Cross Lifeguard Application
3. ***Complete Red Cross on-line training – Takes approximately 6 hours***
4. Submit written evidence of fitness for swimming activities (signed health history – Parts A & B)



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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 Certificate

What to Bring:

1. **Completed BSA Medical Form**
2. Full Uniform for Dinner / Services
3. Camping gear (Tent / Cot Provided)
4. Swimwear
5. Towel
6. Sun hat
7. Changes of clothing
8. Closed-toed shoes
9. Water Bottle

Links:

Medical Form:

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

Register

[Gulf Coast Council - Lifeguard Training](#)



Questions: Contact Don Smith @ (214) 587-7349 Donfloridasmith@aol.com