

Lifeguarding Course

Participant Checklist

Bring to the First Class:

- Proof of Age – Original birth certificate, passport, or US Driver's license
- Optional:* Goggles (can be used **only** during the pre-requisite 300 yard swim)

Bring to All Class Sessions:

- Lifeguard Training participant manual
- 2 – 3 beach towels
- Swim suit – ladies, 1 piece racing or athletic suits; gents, board shorts or swim trunks
- Warm clothing – Sweat pants, crew, or hoodie
- Notebook
- Writing implements – pens, pencils, highlighters
- 2 – 3 small snacks (for after school classes)
- 2 – 3 beverages