IOWA DEPARTMENT OF PUBLIC HEALTH -- LIFEGUARD REQUIREMENTS

Lifeguards are <u>required</u> at municipal and school swimming pools and pools larger than 1500 ft^2

Lifeguards must have current certificates in **both** of the following:

- **Lifeguarding**-(including First Aid training) from American Red Cross, YMCA, or Boy Scouts (or equivalent certification approved by the Iowa Department of Public Health)

- **CPR** from American Red Cross (valid for 1 yr) or American Heart Association (valid for 2 yrs) (or equivalent certification approved by the Iowa Department of Public Health)

Note: *No lifeguard is required **<u>if</u> instructors, teachers, or coaches** for structured swimming programs, such as lap swim, competitive swimming, water exercise classes, swim lessons and physical education classes, have current certificates in Lifeguarding and CPR **or all three** of the following: Basic Water Rescue from the American Red Cross, First Aid, and CPR (Please note that Safety Training for Swim Coaches is <u>not</u> an acceptable substitute for Basic Water Rescue.)*

Name of Facility _____ Date _____

Name	**Dates of Training**		
Mark as Lifeguard (G) *or* Teacher/Coach (TC)	Lifeguarding (3 yrs)	Basic Water Rescue + First Aid (3yrs)Teacher/Coaches (3yrs)	CPR (1yr or 2yr)