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With lifeguarding and water safety programs from the Red Cross you can learn basic skills and train to be a lifeguard. A lifeguard is a rescuer who supervises the safety and rescue of swimmers, surfers and other water sports participants such as in a swimming pool, water park, beach, spa, river and lake. From pools to beaches, lakes and water parks, lifeguards are the first line of defense against drowning, injuries and emergencies.

Becoming a certified lifeguard opens the door to a rewarding career that provides both personal satisfaction and community service. Apr 28 2025 But behind that calm, collected exterior lies a rigorous training process designed to turn everyday individuals into emergency responders. Lifeguard training is not just about swimming; it's about responsibility, endurance and life-saving skills. Lifeguard training is essential for the safety of swimmers everywhere, not just in the USA.

ALA offers comprehensive lifeguard courses for everyone from professional lifeguards to general aquatic facility attendants. Explore all lifeguard certification levels from junior lifeguarding to waterfront and CPR for professionals.

Get trained and certified step by step. What is a Lifeguard? A lifeguard is responsible for ensuring the safety of individuals at swimming pools, beaches, water parks and other aquatic facilities.

Their primary duty is to prevent accidents and respond swiftly and effectively in the event of emergencies. Dec 15 2025 Learn what a lifeguard does, their training, relevant skills, work environment, salaries, how to become one and similar jobs to consider. The American Lifeguard Association has been offering lifeguard courses for over 30 years.

ALA helps with the development of testing protocols and the administration of health and safety programs at swimming pools, water parks and beaches. Become a certified lifeguard through the American Red Cross lifeguard training and certification program, including First Aid and CPR/AED training, as well as how to conduct patron surveillance, water rescue, teamwork and communication skills.

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