

# ➔ Successful completion of certification classes DOES NOT guarantee employment.

Portland Parks & Recreation Aquatics require all lifeguards to be StarGuard certified. PP&R certification classes are offered fall, winter and spring.

## LIFEGUARD CERTIFICATION

### PREREQUISITES:

1. Age 15 or older by the first day of class
2. Must be able to swim continuous non-stop:
  - 300 yard breaststroke or freestyle
3. Must be able to:
  - Feet first surface dive to bottom of pool and retrieve 10 pound brick
  - Tread water 30 seconds with hands on head, then move while treading to where you can touch
4. Must demonstrate a mature attitude
5. This course is only for lifeguard candidates who will be applying to work at a Portland Parks and Recreation facility



All training classes are challenging, and require that certification candidates be strong, skilled swimmers. All training courses require that candidates participate in vigorous physical training. You must be in good physical condition to participate. If you have any health related problems that might present a health or safety hazard while participating in training, please notify PP&R aquatics department prior to enrolling. You may be required to seek the opinion of your medical doctor before being permitted to enroll.

## LIFEGUARD REVIEW

### PREREQUISITES:

1. StarGuard certification valid through first day of class
2. Must have worked as a lifeguard at a Portland Parks and Recreation Pool in the last 12 months

## SWIM INSTRUCTOR CERTIFICATION

### PREREQUISITES:

1. Age 15 or older by the first day of class
2. Must be a strong, skilled swimmer
3. Must be able to demonstrate good form and technique for 25 yds of each of the following:
  - Front crawl with side breathing
  - Back crawl
  - Elementary backstroke
4. Must demonstrate a mature attitude
5. This course is only for swim instructor candidates who will be applying to work at Portland Parks & Recreation

## WATER FITNESS INSTRUCTOR CERTIFICATION

### PREREQUISITES:

1. Age 15 or older by the first day of class
2. Hold a current lifeguard or swim instructor certification or, has participated in 30 hours of group water fitness classes
3. Participants must be familiar with water exercises and have the ability to demonstrate proper technique and safety considerations from the deck as well as the water