

EQUIPMENT REQUIREMENTS

- The following chart identifies the equipment required in the updated National Lifeguard program.

Equipment	X = Mandatory O = Optional			
	Pool	Waterpark	Waterfront	Surf
Resuscitation manikin with lungs	X	X	X	X
AED trainer	O	O	O	O
Barrier devices (pocket mask with a one-way mechanical valve and hypoallergenic medical examination gloves)	X	X	X	X
Bag-Valve-Mask	O	O	O	O
First aid kit (practice); contents include band aids, gauze, dressings and triangular bandages, blankets, towels, medication placebos, and auto-injector trainers for in-class use	X	X	X	X
Submersible manikin	O	O	O	O
Buoyant rescue aid (minimum 50 newtons of buoyancy) such as a rescue tube, rescue can, ring buoy, or an adult lifejacket or PFD	X	X	X	X
Non-buoyant rescue aids, such as a throw line, throw bag, and reaching pole	X	X	X	X
Spineboard or other appropriate device	X	X	X	X
9 kg (20 lb.) weight	X	X	X	X
Whistles	X	X	X	X
Timing device	X	X	X	X
Distance measuring device (100-200 m)	N/A	N/A	X	X
Masks, fins, and snorkels	N/A	N/A	X	X
Paddleboard or rescue craft	N/A	N/A	X	X