



### USA Diving Accepted Lifeguarding Courses

If you do NOT have a lifeguard on deck at all times during all USA Diving sanctioned practices and events, then a lifeguarding certificate will be needed to complete the Option 2 safety training. Below are the lifeguarding courses accepted by USA Diving.

<b>Organization</b>	<b>Course Name</b>
American Red Cross	Lifeguarding/First Aid/CPR/AED
American Red Cross	Lifeguarding
American Red Cross	Lifeguarding Review
American Red Cross	Lifeguarding/First Aid
Ellis & Associates	International Lifeguard Training
Ellis & Associates	International Lifeguard Training Instructor
StarGuard	StarGuard
YMCA	Lifeguarding
YMCA	Lifeguarding Crossover