



National Lifeguard Equipment List for the Updated National Lifeguard Program

January 2023

The Society's National Lifeguard Examination Policy defines the minimum conditions and equipment required for National Lifeguard examinations. This list specifies the equipment (mandatory and optional) needed for each National Lifeguard Option and provides explanatory descriptions.

All National Lifeguard examinations in the updated (2022) program must be conducted with the following minimum equipment:

Equipment	X = Mandatory		O = Optional	
	Pool	Waterpark	Waterfront	Surf
Resuscitation manikin	X	X	X	X
Barrier devices	X	X	X	X
Practice first aid kit	X	X	X	X
Buoyant rescue aids	X	X	X	X
Non-buoyant rescue aids	X	X	X	X
Spineboard	X	X	X	X
9 kg (20 lb.) weight	X	X	X	X
Whistles	X	X	X	X
Timing device	X	X	X	X
AED trainer	O	O	O	O
Bag-valve-mask	O	O	O	O
Submersible manikin	O	O	O	O
Distance measuring device (100–200 m)	--	--	X	X
Masks, fins, and snorkels	--	--	X	X
Paddleboard or rescue craft	--	--	X	X

EQUIPMENT DESCRIPTIONS

Resuscitation manikin	A CPR manikin designed for practicing compressions and ventilations that include disposable lungs. Examples: PRESTAN®, ACTAR Defib®, ACTAR 911®. If sharing equipment, ensure cleaning and disinfecting prior to each use.
Barrier devices	Include a pocket mask with a one-way valve and hypoallergenic gloves (i.e. nitrile is an alternative to latex). If sharing equipment, ensure cleaning and disinfecting prior to each use.
Practice first aid kit	Contents include sufficient band aids, gauze, dressings and triangular bandages, blankets, towels, medication placebos, and auto-injector trainers for in-class use.
Buoyant rescue aids	Buoyant rescue aids may include a rescue tube, rescue can, ring buoy, or an adult lifejacket or PFD. All buoyant rescue aids should be a minimum 50 newtons of buoyancy, which is equivalent to an adult lifejacket approved by the Canadian Coast Guard.
Non-buoyant rescue aids	Non-buoyant rescue aids may include a throw line, throw bag, or a reaching pole.
Spineboard	A device designed to extract a person from the water. The spineboard should have a head immobilizer and adequate straps installed and in working condition (Velcro and/or clips are in good condition). Example: VBlock Spineboard.
9 kg (20 lb.) weight	A brick-shaped, soft rubber casing-protected weight is commonly used in pools. Example: 20 lb. Easy Grip Brick A submersible competition or training manikin may be used (see Submersible manikin). Alternate options may be used, as long as they weight 9 kg (20 lb.) on land and measure 0 newtons of buoyancy.
Whistles	A pealess whistle is strongly recommended. Example: Fox 40 Classic Whistle
Timing device	A stop watch, pace clock, or digital timer are great options. A cell phone may offer timing capability, but consult the host / affiliate to confirm if use of a cell phone during the course / recertification is permissible.

AED trainer	AED trainers should include a base, wires, and electrode pads. Although recommended, they need not be voice-activated.
Bag-valve-mask	A BVM provides safe and effective artificial ventilations during CPR or breathing distress, and may include an oxygen supplementation valve.
Submersible manikin	Typically, an orange-coloured body-like manikin that can be filled with water. Example: Competition Manikin or Training Manikin
Distance measuring device	<p>A laser measuring device is recommended for greater accuracy when measuring in-water distances (use references such as docks or floating buoys).</p> <p>A measuring wheel, pre-measured rope, or long tape measure are also options for measuring distances on land.</p>
Mask, fins and snorkels	Personal equipment is recommended. If there is a shared pool of equipment, ensure cleaning and disinfecting to each use.
Paddleboard or rescue craft	Designed for stability and provision of excellent support for victim and rescuer. Intended for open water environments.