



**American Red Cross**  
Training Services

## Lifeguard VR

### Build Stronger Lifeguard Surveillance Skills

When it comes to lifeguard training, replicating crucial surveillance and drowning recognition skills in a classroom is challenging. Lifeguard VR is a first-of-its-kind virtual reality app that brings scanning and surveillance practice to life, enabling lifeguards to identify aquatic emergencies through engaging, immersive learning.

Featuring customizable scenarios with randomized conditions, Lifeguard VR delivers varied training experiences that encourage repeated practice and ongoing development.

Designed as a powerful optional enhancement to the Lifeguarding curriculum, it gives instructors and aquatic facilities an effective way to supplement hands-on training with interactive exercises that resonate with today's learners.

The immersive simulation features:

- Randomized scenarios that create a unique experience each session
- Customizable settings, including patron demographics and victim behaviors
- Realistic aquatic environments and natural swimmer activity
- Scanning, surveillance and drowning recognition practice
- Lifeguard positioning, zone coverage challenges and environmental obstacles
- Performance tracking to identify opportunities for improvement

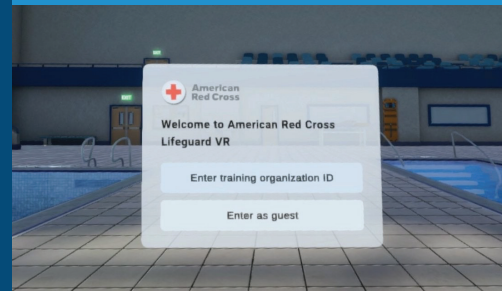
Developed in collaboration with aquatic experts, this unique, five-time award-winning app provides an easy-to-use solution for course delivery and in-service education, building confidence and preparing lifeguards for aquatic emergencies.

# Simple to Set Up and Use

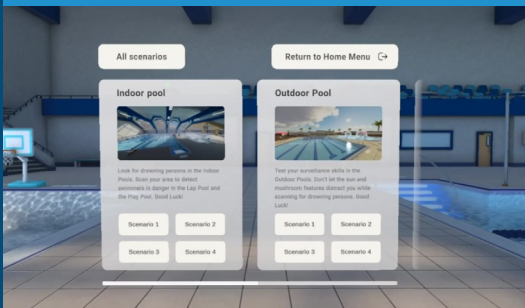
Lifeguard downloads the free VR app



Trainer sends login credentials to access scenarios



Practice surveillance and recognition skills in indoor and outdoor settings



Build confidence through repeated practice



## Technical Requirements for Lifeguard VR App

### VR headsets (device is additional)

App is only compatible with the VR device headsets listed below:  
Meta Quest 2  
Meta Quest 3  
Meta Quest Pro  
Galaxy XR

### Connectivity

A high-speed Internet access 5.0 mbps dedicated or faster

## Technical Requirements for Lifeguard VR Trainer Panel

### Operating Systems

Microsoft Windows 10+  
Mac OS 10.14+, OS 11+

### Connectivity

A high-speed Internet access 5.0 mbps dedicated or faster

### Supported Browsers

Instructors/Trainers must use one of the following supported browsers when launching online courses in the Red Cross Learning Center:  
Apple® Safari® 13+  
Microsoft® Edge 85+  
Mozilla® Firefox® 81+  
Google Chrome™ 85+

### Supported Devices

Desktop

Enhance your lifeguard training program and help ensure staff readiness with the Red Cross Lifeguard VR app.

To learn more, visit [redcross.org/lifeguardvr](https://redcross.org/lifeguardvr)