

r.24 Lifeguarding Instructor Course Fact Sheet

Course Purpose

The purpose of the American Red Cross r. 24 Lifeguarding Instructor course is to train instructor candidates to teach the basic-level courses in the American Red Cross Lifeguarding program.

Course Prerequisites

- Be at least 17 years old on or before the final scheduled session of the Lifeguarding Instructor course.
- Possess a current basic-level certification in American Red Cross Lifeguarding (Including Deep Water) with CPR/AED for Professional Rescuers and First Aid. (Note: r.17 Lifeguarding certification accepted)
- Obtain instructor and participant course materials before starting the course.
- Successfully complete the online session of the Lifeguarding Instructor course prior to the precourse session.
- Successfully complete the prerequisite skill assessment scenario to continue in the course. The prerequisite skill assessment scenario evaluates the following skills:
 - Entry
 - Swimming approach
 - Surface dive in deep water (7 to 10 feet)
 - Passive submerged rescue
 - Rapid extrication (with an assisting rescuer)
 - Rapid assessment
 - Single-rescuer CPR (3 minutes)

Course Length

The Lifeguarding Instructor course is delivered in a blended learning format, consisting of an online session (completed independently by the candidate) and in-person sessions (led by an American Red Cross–certified instructor trainer).

- The online session for the instructor course takes approximately 2 hours to complete.
- The instruction time for the in-person sessions, including the precourse session, is 16 hours. The instruction time does not include time for breaks or transitions. When scheduling the in-person sessions, additional time must be added to accommodate breaks and transitions.

Course Materials

Lifeguarding instructor candidates should obtain and review the following r. 24 American Red Cross course materials prior to attending the Lifeguarding Instructor course:

- *Lifeguarding Instructor's Manual* (included in your course fee)
- *Lifeguarding Instructor's Deck Book* (optional)
- *Lifeguarding Manual* (included in your course fee)
- Lifeguarding course videos (available to download from the Red Cross Learning Center, included in the Lifeguarding Course Presentation for Instructor-Led Training, or by purchasing the Lifeguarding DVD set)
- Lifeguarding Course Presentation for Instructor-Led Training (available to download from the Red Cross Learning Center).

Digital materials and video are available on the Lifeguarding Instructor Candidate's Page of the Red Cross Learning Center (redcrosslearningcenter.org/s/instructor-candidate-resources)

Print materials, the DVD, and a Lifeguarding Instructor's Kit that includes all required materials for teaching the Lifeguarding course are available for purchase on the Red Cross Store (redcross.org/store).

Successful Completion

To successfully complete the Lifeguarding Instructor course and receive a Lifeguarding Instructor certification, candidates must:

- Successfully complete the Lifeguarding Instructor Course online session.
- Successfully complete the prerequisite skill assessment scenario.
- Successfully complete the Lifeguarding Instructor skill practice and polish session, demonstrating the following skills to instructor-level competency:
 - Entries and approaches
 - Active rescues at the surface
 - Passive rescues at the surface
 - Passive submerged rescues in shallow, moderate-depth and deep water
 - Feet-first and head-first surface dives in deep water
 - Rapid extrication using a backboard
 - Putting on gloves with wet hands
 - Two-rescuer CPR with AED for an adult
 - Surveillance and rotation procedures
 - Spinal motion restriction and extrication in shallow water
 - Multiple-Rescuer Team Response Scenarios
- Attend the entire course and participate in all class sessions.
- Actively participate in all course activities.
- Successfully complete teaching assignments.
 - Small group teaching activities

- Practice Teaching Assignment I
- Practice Teaching Assignment II
- Demonstrate instructor-level skill competency in all skills. This means being able to demonstrate all of the skill steps as they are written, in the correct order, and in accordance with the proficiency criteria to meet the objectives of the skill.
- Successfully pass the final written exam with a minimum grade of 80 percent.

Certification

Candidates who successfully complete the Lifeguarding Instructor course will be issued the following American Red Cross certificate: **Lifeguarding Instructor**, valid for 2 years.

To maintain the Lifeguarding Instructor certification, the instructor must successfully complete the Lifeguarding Instructor Recertification blended learning course within the 2-year certification period.

If the instructor certification is expired, the instructor is eligible to participate in the Lifeguarding Instructor Recertification course for up to, but no longer than, 1 year past the Lifeguarding instructor certification expiration date. This 1-year grace period applies only to achieving recertification. It does not extend the instructor certification and the instructor may not teach courses during this time.

Instructor Trainer

To instruct the Lifeguarding Instructor course, the instructor trainer must hold a current American Red Cross Lifeguarding Instructor Trainer certification.

Course Objectives:

After completing this Lifeguarding instructor course, candidates will be able to:

- Exhibit the characteristics required of an American Red Cross representative and role model.
- Identify key responsibilities of American Red Cross–certified Lifeguarding instructors.
- Conduct American Red Cross Lifeguarding courses and modules in a manner that helps participants to stay engaged in the learning process and meet course objectives.
- Describe the purpose of, and training foundations for, the courses and modules in the American Red Cross Lifeguarding program.
- Describe the core competencies that form the basis for the curriculum of American Red Cross Lifeguarding courses.
- Describe the process used to ensure that the content of American Red Cross training courses is grounded in science.
- Identify the American Red Cross Lifeguarding program benchmarks for lifeguards and facility operations.
- Describe how the American Red Cross Lifeguarding program course materials are used by instructors and participants.
- Effectively plan, schedule, and prepare to teach the courses and modules in the American Red Cross Lifeguarding program.
- Use various teaching methods to effectively deliver the course content.
- Follow the lesson plans and outlines in the *Lifeguarding Instructor's Manual* to deliver high-quality standardized training.

- Effectively run skill practice sessions, skill drills, putting it all together activities and multiple-rescuer team response scenarios.
- Monitor participants' skill practice, assess performance, and provide positive and corrective feedback.
- Effectively evaluate participant performance during the prerequisite swimming skills evaluation and the final skill assessments.
- Describe how to locate instructor resources and use essential administrative functions in the Red Cross Learning Center.
- Explain procedures for reporting courses and issuing certificates to participants.
- Identify the next steps instructors should take after obtaining their American Red Cross Lifeguarding Instructor certification.
- Identify actions instructors must take to maintain their certification as a Red Cross Lifeguarding instructor.
- Agree to the terms of the American Red Cross Instructor Agreement and Code of Conduct.

r. 24 Lifeguarding Instructor Course Outline

Precourse Session		
Topic	Location	Time
Introduction to the Precourse Session	Classroom	3 minutes
Verification of Training Prerequisites	Classroom	2 minutes
Prerequisite Skill Assessment Scenario	Pool/Deck	30 minutes
Skill Practice and Polish	Classroom Pool/Deck	3 hours
Introduction to the Lifeguarding Instructor Course In-Person Session	Classroom	5 minutes
Teaching Activities and Assignments	Classroom	10 minutes
Precourse Session Total Instruction Time		3 hours, 50 minutes

Lesson 1: Training Lifeguards		
Topic	Location	Time
Training Foundations	Classroom	10 minutes
About the Science	Classroom	10 minutes
Lifeguarding Course Flow and Lesson Objectives	Classroom	20 minutes
How to Use the Lesson Plans and Program Materials	Classroom	25 minutes
Helping Participants Learn and Practice Skills	Classroom	10 minutes
<video> Observing and Evaluating Skills and Giving Feedback	Classroom	25 minutes
TOTAL INSTRUCTION TIME		1 hour, 40 minutes

Lesson 2: Teaching Activities—Part 1

Topic	Location	Time
Small Group Teaching Activity—Classroom	Classroom	30 minutes
Reciprocal Practice: Conducting and Evaluating Skill Practices—Land	Classroom	45 minutes
Reciprocal Practice: Conducting and Evaluating Scenario-Based Skill Practices—Land	Classroom	15 minutes
Practice Teaching Preparation	Classroom	10 minutes
TOTAL INSTRUCTION TIME		1 hour, 40 minutes

Lesson 3: Teaching Activities—Part 2

Topic	Location	Time
Practice Teaching Assignment I	Classroom Pool/Deck	2 hours, 30 minutes
Reciprocal Practice: Conducting and Evaluating Skill Practices—Water	Pool/Deck	45 minutes
Reciprocal Practice: Conducting and Evaluating Scenario-Based Skill Practices—Water	Pool/Deck	15 minutes
Practice Teaching Assignment II	Pool/Deck	2 hours, 15 minutes
TOTAL INSTRUCTION TIME		5 hours, 45 minutes

Lesson 4: Administering Courses and Closing

Topic	Location	Time
Preparing for a Lifeguarding Course	Classroom	40 minutes
<video> Teaching Lifeguarding Courses	Classroom	45 minutes
Eligibility to Teach Courses	Classroom	10 minutes
Next Steps as an Instructor	Classroom	5 minutes
Red Cross Learning Center	Classroom	30 minutes
Training Provider Course and Price List	Classroom	10 minutes
Maintaining Your Instructor Certification	Classroom	8 minutes
Becoming an Instructor Trainer	Classroom	2 minutes
Instructor Course Written Exam	Classroom	30 minutes
Closing	Classroom	5 minutes
TOTAL INSTRUCTION TIME		3 hours, 5 minutes

TOTAL COURSE INSTRUCTION TIME (excluding break and transition times)		16 hours
TOTAL TIME FOR MEALS, BREAKS, TRANSITIONS		TBD*
TOTAL COURSE TIME		TBD*

* Instructor Trainer will add time to the schedule for the course.