



# Course: Lifeguarding Instructor

## **Purpose**

To train instructor candidates to teach basic-level Lifeguarding, Waterfront Lifeguarding\*, Waterpark Lifeguarding\* and Shallow Water Attendant (all including first aid), Lifeguard Management, CPR/AED for the Professional Rescuer, Administering Emergency Oxygen, Bloodborne Pathogens Training: Preventing Disease Transmission and Basic Water Rescue courses. Instructor candidates also will become familiar with GuardStart: Lifeguarding Tomorrow and the Water Safety presentations.

## **Prerequisites**

- Be at least 17 years of age on or before the last scheduled day of the instructor course.
- Possess a current American Red Cross Lifeguarding/First Aid certificate or have successfully completed a Red Cross Lifeguarding (full or review course) or another acceptable lifeguarding course within the last four years.
- Possess a *Fundamentals of Instructor Training Certificate* issued within the last year or possess a current national *Health and Safety Services Instructor Authorization Certificate*.
- Successfully complete the precourse session. This includes passing the precourse written exam with a score of 80 percent or higher for each of the three sections and demonstrating competency in the precourse skills and scenarios evaluation.

## **Learning Objectives**

- Expand on information from the American Red Cross Fundamentals of Instructor Training (FIT) course to teach the courses and presentations in the Lifeguarding program.
- Demonstrate the characteristics required of an American Red Cross representative and role model.
- Teach courses in a manner that helps participants stay engaged in the learning process.
- Ensure participants' health and safety during training.
- Demonstrate skills at an appropriate level of performance.
- Maintain complete and accurate records and reports.
- Plan, organize and conduct the courses and presentations in the Lifeguarding program in accordance with the requirements of the specific course or presentation they will be teaching, and evaluate participants.
- Monitor participants' practice and provide corrective feedback and encouragement consistent with the critical skill performance steps.

## **Length**

26 hours (including precourse session)

## **Instructor**

Currently authorized American Red Cross Lifeguarding instructor trainer

## **Certification Requirement**

- Successfully complete the precourse session.
- Attend and actively participate in all course sessions.
- Successfully complete class activities, including the required practice-teaching assignments.
- Complete the Bloodborne Pathogens Training: Preventing Disease Transmission Instructor Self-Study/Pre-Test.
- Score at least 80 percent on the basic-level Administering Emergency Oxygen final written exam.
- Score at least 80 percent on the Lifeguarding Instructor Course final written exam.

## **Certificate Issued and Validity Period**

Lifeguarding Instructor: Authorization is for 2 calendar years. All authorizations expire on December 31 of each year. Initial authorization may be for less or more time depending on when training is completed.

**Participant Products/Materials**

*American Red Cross Lifeguarding* (Stock No. 655731)

*American Red Cross Lifeguarding Instructor's Manual with CD-ROM* (Stock No. 655730)

*American Red Cross Lifeguard Management Manual with CD-ROM* (Stock No. 654148)

\*Lifeguarding instructors can become Waterfront Lifeguarding or Waterpark Lifeguarding instructors by possessing a basic-level certificate in the appropriate course and orienting to the corresponding content in the *American Red Cross Lifeguarding Instructor's Manual with CD-ROM* and the *American Red Cross Lifeguarding DVD Set*. The local Red Cross chapter will issue a new *Health and Safety Services Instructor Authorization Certificate* indicating either Lifeguarding/Waterfront or Lifeguarding/Waterpark, as appropriate. Once authorized as a Waterfront or Waterpark Lifeguarding instructor, an instructor is not required to maintain a basic-level certificate.