



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 *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 Requirements

- 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 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.