



# 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.

\*\*Instructor candidates must have successfully completed a Red Cross Lifeguarding course or another acceptable lifeguarding course within the last four years.

Current certifications (or those that have expired by no more than 12 months) from the following organizations may be accepted to qualify an individual to take the Lifeguarding Instructor course:

- YMCA Lifeguard
- United States Lifesaving Association Open Water Lifeguarding
- Lifesaving Society of Canada – Any National Lifeguard Service certification (Pool, Waterfront, Surf or Waterpark)
- National Pool and Waterpark Pool Lifeguard Training or Special Facilities Lifeguard Training (Ellis & Associates, Inc.)
- National Aquatic Safety Council Basic Lifeguard
- StarGuard Professional Lifeguard
- Boy Scouts of America Lifeguarding
- American Red Cross Lifeguarding Instructor
- American Red Cross Lifeguarding Instructor Trainer