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# LIFEGUARDING INSTRUCTOR FACT SHEET

## Purpose

The purpose of the instructor course is to train instructor candidates to teach the Red Cross Lifeguarding, Shallow Water Lifeguarding, Waterfront Skills, Waterpark Skills, CPR/AED for Professional Rescuers and Health Care Providers, Administering Emergency Oxygen and Bloodborne Pathogens Training: Preventing Disease Transmission courses and/or modules. Instructor candidates will also become familiar with Junior Lifeguarding, Lifeguard Management, Safety Training for Swim Coaches and Basic Water Rescue.

## Prerequisites

- Be at least 17 years old on or before the last day of the instructor course.
- Possess one of the following:
  - A current American Red Cross certificate for Lifeguarding/First Aid/CPR/AED.
  - A current American Red Cross certificate for Lifeguarding/First Aid and either an American Red Cross certificate for CPR/AED for the Professional Rescuer or an American Red Cross certificate for CPR/AED for Lifeguards.
  - An equivalent certificate from another organization.
- Successfully complete the online Orientation to the Red Cross.
- Successfully complete the online Orientation to the Lifeguarding course.
- Successfully complete the online Lifeguarding Instructor Precourse Exam (80 percent or better).
- Successfully complete the Precourse Session.
- Obtain the *Lifeguarding Instructor's Manual* and *Lifeguarding Manual* after you have successfully completed the Precourse Session.

## Learning Objectives

- Exhibit the characteristics required of a Red Cross representative and role model.
- Conduct courses in a manner that helps participants stay engaged in the learning process.
- Inform instructor candidates how to plan and organize the Lifeguarding courses and modules.
- Effectively use program materials and training equipment.
- Perform applicable in-water rescue, first aid, CPR and AED skills.
- Ensure participants' health and safety during training.
- Identify required information for the *Course Record* and *Course Record Addendum* to maintain complete and accurate records.
- Explain procedures for issuing course completion certificates.

- Deliver quality, consistent and standardized content by following the *Lifeguarding Instructor's Manual*.
- Monitor participants' practice and provide positive, corrective feedback and encouragement consistent with the skill charts and skill assessment tools.
- Recognize the requirements in the skill assessment tools as criteria for ascertaining the competency of a participant's performance.
- Plan, coordinate and manage training with the Red Cross, including advising the Red Cross in advance of any classes that they are scheduled to teach.

## Length

- The Online Session for the instructor course takes approximately 2 hours, 30 minutes.
- The classroom sessions are designed to be taught in approximately 18 hours, 45 minutes (including the Precourse Session).

## Instructor

Currently certified Lifeguarding instructor trainers.

## Certification Requirements

To become certified as a Lifeguarding instructor, instructor candidates must:

- Successfully complete the Online Session.
- Successfully complete the Precourse Session.
- Attend and actively participate in all course sessions.
- Successfully complete class activities, including the four practice-teaching assignments.
- Score a minimum of 80 percent (32 correct answers out of 40 questions) on the Bloodborne Pathogens Training Instructor Self-Study Test.
- Score a minimum of 80 percent (12 correct answers out of 15 questions) on the basic-level Administering Emergency Oxygen final written exam.
- Score a minimum of 80 percent (20 correct answers out of 25 questions) on the instructor course final written exam.

## Certificate Issued and Validity Period

American Red Cross certificate for Lifeguarding/First Aid/CPR/AED instructor: 2 years

## Participant Products/Materials (available in e-book and print formats)

- *American Red Cross Lifeguarding Instructor's Manual*
- *American Red Cross Lifeguarding Manual*