

Purpose

The primary purpose of the American Red Cross Basic Lifeguarding Instructor Course is to train instructors to teach the basic-level American Red Cross Lifeguarding courses.

The care steps outlined within this manual are consistent with the International Liaison Committee on Resuscitation (ILCOR) 2015 International Consensus on Cardiopulmonary Resuscitation and Emergency Cardiovascular Care Science with Treatment Recommendations (CoSTR) and the 2015 American Heart Association Guidelines Update for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care. This manual also reflects the United States Lifeguarding Standards: A Review and Report of the United States Lifeguarding Coalition, a collaborative effort of the American Red Cross, the United States Lifesaving Association and the YMCA of the USA.

Prerequisites

Candidates must:

1. Be at least 17 years old on or before the final scheduled session of the course.
2. Possess a current basic-level certification in Lifeguarding/First Aid/CPR/AED.
3. Successfully complete the online Introduction to the Lifeguarding Instructor Course prior to the precourse skills session via the class roster and online content completion status report.
4. Obtain all instructor and participant materials before entering the first session of the instructor course.

Materials consist of:

- *American Red Cross Lifeguarding Instructor's Manual* (print).
- Lifeguarding course presentation and/or DVD.
- *American Red Cross Lifeguarding Manual* (print or digital).

Learning Objectives

Candidates must:

- Exhibit the characteristics required of an American Red Cross representative and role model.
- Follow the directives and procedures related to the conduct and administration of American Red Cross courses, including the Instructor Agreement and Instructor Code of Conduct.
- Conduct courses in a manner that helps participants to stay engaged in the learning process and meet course objectives.
- Perform applicable Lifeguarding skills to the standard at instructor-level skill proficiency.
- Plan for and ensure participants health and safety during training.
- Maintain complete and accurate records and reports.
- Plan, organize and conduct the Lifeguarding courses in accordance with Red Cross policies and procedures and the requirements of the specific course they will be teaching.
- Monitor participants' practice, evaluate performance and provide corrective feedback and encouragement that is consistent with the skill assessment tools.
- Recognize that the requirements in the skill assessment tools are criteria for ascertaining the proficiency of a participant performance.
- Effectively use program materials and training equipment for the online prerequisite, precourse skills session and classroom component.

- Explain procedures for acknowledging course completion and accessing American Red Cross digital certificates.
- Deliver quality, consistent and standardized content by following the *Lifeguarding Instructor's Manual*.

Length

- The online session for the instructor course takes approximately 2 hours.
- The classroom sessions are designed to be taught in approximately 21 hours and 45 minutes (including the precourse session).

Instructor

Currently certified r.2017 Lifeguarding instructor trainers

Certification Requirements

To successfully complete the Lifeguarding Instructor course, candidates must:

- Successfully complete the online Introduction to the American Red Cross Lifeguarding Instructor course.
- Successfully complete the Precourse Skills Session.
- Attend and actively participate in all course sessions.
- Successfully complete class activities, including the required practice-teaching assignments.
- Demonstrate instructor-level skill competency in all skills and scenarios.
- Pass the final written exam with a minimum grade of 80 percent.

Certificate Issued and Validity Period

The American Red Cross certificate for Lifeguarding/First Aid/CPR/AED Instructor is valid for 2 years.

Participant Materials (available in digital and print formats)

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