

Lifeguarding Instructor and Instructor Trainer Review Course Outline

L—Lecture/Guided Discussion | A—Activity | V—Video

LSP—Land Skills Practice | WSP—Water Skills Practice | WA—Water Activity

TOPIC	METHOD	TIME
Lifeguarding Program Review <ul style="list-style-type: none"> ▪ Review courses and modules ▪ Requirements for lifeguard courses—prerequisites and completion requirements ▪ Instructor course prerequisites 	L	10 minutes
Lifeguarding Program Benchmarks	L, A	20 minutes
Benchmarks When Teaching Lifeguarding	L	10 minutes
Skills Practice, Skill Drills and Skill Polish Session—see skills below.	WA, WSP	5 hours
Reporting Teaching Activity	L	5 minutes
Course Completion Certificates	L	5 minutes
Instructor Resources	L	5 minutes
Instructor Trainer Resources	L	5 minutes
Administrative Updates—see Instructor Trainer section of Instructor's Corner for most recent topics to include in this section: Lifeguarding Instructor/Instructor Trainer Review Course Administrative Updates.	L, A	1 hour
Instructor Review Course Written Exam	A	30 minutes
Review Course Total Time	7 hours, 30 minutes	

Skills Practice, Skill Drills and Skill Polish Session

The purpose of the skill practice session is two-fold. The first is to practice, improve and polish skills to ensure instructors and instructor trainers can perform the skills as well as be able to recognize correct and incorrect skill performance. Second is to ensure consistency of Red Cross program skills and knowledge across the instructors and instructor trainers through feedback and evaluation from the instructor trainer. Instructor trainers should provide global reminders about each skill set and then conduct practice in a drill format, staggering the participants with all the instructors/instructor trainers participating. Instructor trainers must be in a position to see all participants, provide global and individual feedback, repeating skills as necessary to polish skill performance.

This session is not meant to be conducted as a test but to polish skills and redirect as needed to ensure consistency with the current Red Cross Lifeguarding program. Each candidate must demonstrate as a primary rescuer as well as an assisting rescuer at least once for the multiple-rescuer response scenarios. To be successful, participants should be able to perform skills to the standard by the completion of the practice session. Participants may exit the water using a ladder if necessary.

Skills Practice, Skill Drills and Skill Polish Session

- Active Victim Front Rescue with entry and approach
- Active Victim Rear Rescue with entry and approach
- Passive Victim Front Rescue with entry and approach
- Passive Victim Rear Rescue with entry and approach
- Passive Victim Rescue in extreme shallow water
- Submerged Victim in Shallow Water with entry and approach
- Submerged Victim in Deep Water with entry, approach, extrication* and one-rescuer CPR for 3 minutes.
- Caring for Head, Neck and Spinal Injuries—Shallow Water (includes both backboarding, and extrication techniques)
 - Spinal Backboarding
 - Spinal Backboarding—High edges
- Run and swim entry (simulate if necessary)
- Walking assist
- Beach Drag
- Spinal Moving Water (simulate if necessary)
- Spinal—Speed Slide (simulate if necessary)
- Two-Rescuer CPR
- Multiple-Rescuer Response Scenario (Select from scenarios 1 – 4)
- Multiple-Rescuer Response Scenario (Select from scenarios 1 – 4)
- Multiple-Rescuer Response Scenario # 5
- Multiple-Rescuer Response Scenario # 6
- Recognition and Response Drills - The instructor trainer will conduct at least 2 of each of these drills.
 - Lifeguard Station Response Time Testing Drill
 - Ask Drill
 - Live Action Recognition Drill