Review Course Syllabus/Study Guide
For American Red Cross LGIs and LGITs

General Information

Description
The Lifeguarding Instructor/Instructor Trainer Review Course is an abbreviated recertification course for currently certified instructors and instructor trainers. The purpose of the course is to allow participants to review the course content and practice skills in a formal class setting and complete the final written exam.

Prerequisites
To participate in this Review Course, you must possess a current (r.2017) American Red Cross Lifeguarding Instructor or Lifeguarding Instructor Trainer certificate.

Completion Requirements
To successfully complete this Review Course, you must:

- Demonstrate and be evaluated for proficiency in all skills and scenarios throughout the Review Course.
- Participate in all Review Course activities.
- Successfully complete the instructor course written exam with a score of at least 80 percent (20 correct answers out of 25 questions).

What Successful Completion Means
Upon successful completion of these requirements, you will be recertified (as appropriate) as an American Red Cross Lifeguarding Instructor or an American Red Cross Lifeguarding Instructor and Instructor Trainer for 2 years.

For LGIs and LGITs, completing this Review Course takes the place of the online recertification process that used to be initiated by email 90 days before your expiration date.

Required Materials
You need to have the following materials for this Review Course:

- This document (printed out).
- Proof of successful certification in the current (r.2017) LGI/LGIT.
- American Red Cross Lifeguarding Instructor’s Manual (printed copy).
- American Red Cross Lifeguarding Participant’s Manual (printed or digital).
- An adult resuscitation mask.
- A pediatric resuscitation mask.
- Swim suit and towel.
- Pen or pencil.

Optional Basic-Level Lifeguarding “Test Out”
As an option, you may participate in a “test out” for basic American Red Cross Lifeguarding certification. To hold the test out, a minimum of 5 participants must elect this option. The test out consists of successfully completing the following:

- Lifeguarding prerequisite skills (300-yard swim, 2-minute tread water, and timed 10-lb weight retrieval).
- Lifeguarding final skills scenarios (Scenario 1: Timed submerged passive victim extrication and 3-minutes of CPR and Scenario 2: Multiple Rescuer Response)
- Two written exams from Lifeguarding (First Aid/CPR and Lifeguarding), 80% or higher on each exam.
Study Guide

Lifeguarding Program Review

1. The lifeguarding core courses are: ____________________________, 
   ___________________________ -Water Lifeguarding (up to _____ feet of water), and 
   ___________________________ Lifeguarding (up to _____ feet of water).

2. Two environment-specific modules that can be combined with a lifeguarding core course or taught separately after successful completion of a lifeguarding core course are ________________________________ Skills and 
   ________________________________ Skills. They do not stand alone.

3. Five optional modules that can be added to a lifeguarding core course or taught separately are Administering Emergency 
   ________________________________, ________________________________ Inhaler Training, Bloodborne 
   ________________________________ Training, ________________________________ Auto-Injector Training, 
   ________________________________ Application Training.

4. The two delivery options for lifeguarding core courses are _______________________________ -led and 
   _______________________________ learning. The content presented is (select one) THE SAME/DIFFERENT for each 
   delivery option.

5. LGIs can teach using (select one) ONE/BOTH delivery option(s). A different LGI Manual is used to teach the 
   _______________________________ and _______________________________ delivery option.

6. Before teaching using the blended learning delivery option, you should become familiar with the 
   _______________________________ portion of the course. A _______________________________ of the online 
   course can be found on Instructors Corner.

7. Two course options exist for every lifeguarding core course: the _______________________________ course and the 
   _______________________________ course.
   a. The _______________________________ course is the primary course used, suitable for new learners and recertification as well.
   b. The _______________________________ course is an abbreviated recertification course for individuals currently 
      certified or whose certificate has expired no more than ___________________ days.

8. The full course outline for Lifeguarding/Shallow-Water Lifeguarding can be found in Section _________ of the LGI Manual. The review 
   course outline can be found in Section _________, Appendix _________.

9. Waterfront Skills, Waterpark Skills, and Aquatic Attraction Lifeguarding course outlines can be found in Sections _________, 
   _________, and _________, respectively.

10. In the blended learning course, online and in-class sessions are designed to _______________________________.

Teaching Outline Formats – Full Lifeguarding Course

The LGI Manual has two recommended teaching outline formats for the Lifeguarding full course:

- Standard: _________ lessons of _________ to _________ hours each.
- Intensive: _________ lessons of about _________ hours each.

Each of these formats is considered _______________________________ to the other.
Completion Requirement Criteria for Lifeguarding

The completion requirement criteria for Lifeguarding has changed slightly to the following:

- Pass the ________________ assessment.
- Attend the ________________ course.
- Actively participate in ________ required elements of the course, including assuming various ________________ in course activities and scenarios.
- Demonstrate competency in ________ required skills and activities.
- Demonstrate competency in ________ required final rescue skill scenarios.
- Pass the two final written exams with a minimum grade of ________________ on each section.

LGI Course Prerequisites

The prerequisites for the r.2017 LGI course have also changed. They are:

- Be at least __________ years of age by the last day of the course.
- Hold a current ________________ Lifeguarding/First Aid/CPR/AED certificate
- Successfully complete the following 3 activities:
  - Scenario 1: Infant primary assessment and ___________ -rescuer infant CPR
  - Scenario 2: Submerged victim rescue and extrication in ____________ seconds followed by primary assessment and ____________ minutes of ___________ -rescuer CPR.
  - A Skill ________________ and ________________ Session

Lifeguarding Program Benchmarks

1. Benchmarks found at the end of chapters in the Lifeguarding textbook are the core ________________ of Red Cross programs, and they include ________________ of Red Cross trained lifeguards.

2. Benchmarks are included for lifeguard performance as well as for aquatic facility ________________.

Benchmarks when Teaching Lifeguarding

1. There are also benchmarks for ________________. These benchmarks are to maintain high training ________________ and to keep courses ________________.

2. These benchmarks cover the areas of Participant ________________ & ________________, Teaching ________________, and Course ________________ & ________________.

### WRAP-UP

3-3 WRAP-UP

- A lapse in coverage—even for just a few seconds—could result in injury or death. A lifeguard must be alert for dangerous behaviors and able to recognize a distressed swimmer and a drowning victim who is active or passive. Effective scanning techniques and lifeguard stations are needed both to prevent incidents and locate people in trouble.

**BENCHMARKS FOR LIFEGUARDS**

Lifeguards should:

- Stay alert, attentive and focused.
- Maintain active posture and change body position regularly.
- Use tactics to deal with scanning challenges.
- Search, don’t watch. Scan zones continuously, scanning from point to point thoroughly.
- Recognize and respond to victims in the water quickly, in 30 seconds or less.
- Follow posted rotation plans.
Course Completion Certificates

1. Course completion certificates indicate that on a particular date an instructor verified that a participant demonstrated __________________________________________ in all required skills taught in the course, including successfully completing the written __________________ and __________________ assessments.

2. When submitting course records, you must include the ______________________ address of all participants so they can receive a link to their certificate.

3. Participants with a valid email address can get their certificate at redcross.org/______________________________.

4. Red Cross digital certifications have a unique ______________________ and __________________ code.

Instructor Resources and Support

1. As an instructor, you are required to use ______________________________________________________________. You should access the site regularly to get important program information and updates.

2. If you cannot find an answer of Instructor’s Corner, contact the __________________________________________ Support __________________________________________________. Contact information can be found on Instructor’s Corner.

3. The Red Cross TSC may connect you with other local and national _______________________________________ or aquatics ___________________________________________ of the Red Cross.

4. The Red Cross publishes via email a newsletter called __________________________________________ about every 6 weeks. An archive of these newsletters can be found in the News section of ________________________________________________
## Training Registration Form

Complete one form per participant

<table>
<thead>
<tr>
<th>Course</th>
<th>Class Date(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Water Safety Instructor</td>
<td></td>
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<tr>
<td>□ Lifeguard Instructor</td>
<td></td>
</tr>
<tr>
<td>□ First Aid/CPR/AED Instructor</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Age</th>
<th>DOB MM/DD/YYYY</th>
<th>Address/ City/State/Zip</th>
<th>Cell Phone</th>
<th>Email</th>
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</thead>
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<tr>
<th>Medical Conditions / Allergies</th>
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<tr>
<th>Emergency Contact Name</th>
<th>Emergency Contact Phone</th>
<th>Emergency Contact Relationship</th>
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<tr>
<th>PROGRAM POLICIES</th>
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**No Refunds** – Training/class fees are nonrefundable and No refunds will be issued once fees have been submitted. In the event that a participant is unable to pass the prerequisites or final exams the participant may transfer to a class at a later date (if available). If a participant is absent from any scheduled class days or times, the participant will not be offered a transfer or refund of any kind.

**No Visitors** – Only registered participants are allowed on the pool deck or in the classrooms during training. All visitors including parents must wait in the parking lot.

I HAVE READ AND AGREE TO THE TERMS OF THE STATED PROGRAM POLICIES AND CLEARLY UNDERSTAND THE NO REFUND POLICY.

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### Release of Liability for Participants - Read Before Signing

IN CONSIDERATION OF MYSELF and/or my minor child/ward ("my child"), being allowed to participate in any way in the Safe Swim program, related events and activities including but not limited to Lifeguard Training, Lifeguard Instructor Training, CPR/AED/First Aid Training, and Water Safety Instructor Training, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury to myself and/or my child from the activities involved in these programs is significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk of serious injury does exist; and,
2. FOR MYSELF, SPOUSE, AND CHILD, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASED PARTIES or others, and assume full responsibility for my and/or my child’s participation; and,
3. I willingly agree to comply with the program’s stated and customary terms and conditions for participation. If I observe any unusual significant concern in my and/or my child’s readiness for participation and/or in the program itself, I will remove myself and/or child from the participation and bring such attention to the nearest official immediately; and,
4. I myself, my spouse, my child and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY RELEASE THE other participants, sponsoring agencies, sponsors, Safe Swim program owners and staff, advertisers, and if applicable, owners and lessors of premises used to conduct the event (collectively the “Released Parties”), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property incident to my and/or my child’s involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASED PARTIES OR OTHERWISE, to the fullest extent permitted by law.
5. I, for myself, my spouse, my child, and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY INDEMNIFY AND HOLD HARMLESS all the above released parties from any and all liabilities incident to my and /or my child’s involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

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Participants Signature or Parent/Guardian Signature (if under age 18) | Participants Signature or Parent/Guardian Signature (if under age 18) | Today's Date | Today's Date
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Participants Full Name | Participants Signature | Participants DOB | Today's Date

Participants Signature or Parent/Guardian Signature (if under age 18) | Today's Date
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Participants Full Name | Participants Signature |
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Participants Signature or Parent/Guardian Signature (if under age 18) | Today's Date
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