

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## American Red Cross Lifeguarding Instructor (r.17)

**Course Description:** The LGI course prepares you to teach American Red Cross Lifeguarding, First Aid, CPR/AED, and Water Safety courses.

**Prerequisites:** To enroll in this course, you must:

- Be at least 17 years old by the last day of the course
- Hold a current American Red Cross Lifeguarding/First Aid/CPR/AED certificate
- Pass two rescue skill scenarios (Scenario's 1 and 2) that test lifeguarding and CPR

**Purpose of the Course:** The purpose of the LGI Course is to train you to teach courses in the American Red Cross Lifeguarding program. In this course, you will:

- Review and practice in-water rescue skills and first aid, CPR, AED, and obstructed airway skills.
- Learn how to use course materials.
- Learn how to conduct lectures, discussions, skill sessions, and scenarios.
- Learn how to facilitate activities.
- Learn how to evaluate participant skill competency.
- Gain experience giving and receiving feedback.

**Completion Requirements:** To receive an LGI certificate, you 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 required practice-teaching assignments
- Demonstrate instructor-level competency in all skills and scenarios
- Pass the final written exam with a minimum score of 80%

**Certification:** Upon successfully completion of these requirements, you will receive an American Red Cross Lifeguarding Instructor certificate valid for 2 years.

**Required Materials:** Bring the following items to class:

- Proof that you are at least 17 years old
- Current (valid) Red Cross Lifeguard certificates
- Completed Registration Form
- Online Course completion report
- Lifeguard Instructor Manual (printed copy)
- Lifeguarding Manual (digital or printed copy)
- Lifeguarding Course Presentation (downloaded to a laptop)
- LGI Course Syllabus Study Guide (printed copy)
- Instructor Candidate Practice Teaching Workbook (printed copy)
- Swim suit, towel, and dry comfortable clothes
- Adult and Infant CPR pocket masks (may be purchased at class for \$25/set)
- Hip pack (fanny pack)

**Precourse Skill Session:** The Precourse skills tests consist of the following:

- Two final skill scenarios from the lifeguarding course
- A skill practice and polish session

**Online Precourse Review:** The online introduction covered the following:

- Orientation to the American Red Cross.
- Program overview.
- Program materials.
- Program details.
- Teaching strategies and techniques.
- Being a Red Cross instructor.

**Online Precourse Review:** Answer the following questions:

1. What is the primary Lifeguarding resource that instructors should use for technical lifeguarding content?
2. Where can you find information on how to set up and run classes?
3. What tool is available at the end of each lesson for evaluating participant skills?
4. After the instructor’s manual, what is the next resource you should check for information about the Lifeguarding program?
5. What is your role and responsibility as an instructor while teaching the Lifeguarding course?

**Practice Teaching Assignments:** Each LGI candidate will be assigned four practice teaching assignments from the table below. Identify your assignments using the number you have been assigned, you will be teaching the topics/skills for that entire row. Use the Practice-Teaching Assignment Preparation Worksheet to prepare for each assigned topic.

Your Assigned #: \_\_\_\_\_

#	Teaching Assignment 1 Lecture or Guided Discussion	Teaching Assignment 2 In-Water Skills	Teaching Assignment 3 First Aid/CPR Skills	Teaching Assignment 4 Putting It All Together Scenario
1	The Professional Lifeguard (Lesson 1; pp. 66-67)	Active Victim Front and Rear Rescues (Lesson 3)	Using a BVM (Lesson 5)	Skill Drill: Active & Passive Victim Rescues (Lesson 3; p. 121)
2	Facility Safety (Lesson 1; pp. 74-75)	Passive Victim Front and Rear Rescues (Lesson 3)	Conscious Choking - Infant (Lesson 5)	Skill Drill: Multiple- Rescuer Response— Scenario 5 (Lesson 7; p. 213)
3	The Drowning Process (Lesson 2; pp. 89-90)	Submerged Victim Deep Water (Lesson 4)	Giving Ventilations - Infant (Lesson 5)	Skill Drill Part 3: Submerged Passive Victim with extrication (Lesson 4; pp.134-135)
4	Effective Surveillance – Victim Recognition (Lesson 2; pp. 91-92)	Passive Victim Extraction Using a Backboard (Lesson 4)	Two-Rescuer CPR - Adult (Lesson 6)	Skill Drill: Multiple Rescuer Response— Scenario 1 (Lesson 6; p. 186)
5	Lifeguard Testing and Zone Evaluations (Lesson 2; p. 96)	Entries and Approaches (Lesson 1)	CPR for Obstructed Airway - Adult (Lesson 6)	Skill Scenario: First Aid Scenarios 3, 4, and 5 (Lesson 7; pp. 204, 207-209)
6	AED Precautions and Maintenance (Lesson 6; p.182)	Head Splint—Face-Up and Facedown in Shallow and Deep Water (Lesson 8)	Using an AED (Lesson 6)	Skill Drill Part 2: Lifeguard Station Response Time Testing (Lesson 5; pp. 159-160)
7	Recognizing & Caring for Heart Attack (Lesson 6; pp. 172-173)	Spinal Backboarding in Shallow Water (Lesson 8)	Controlling Bleeding (Lesson 7)	Final Skills Scenario 1: Submerged Passive Victim in Deep Water— Timed Response (Lesson 9; p. 236)
8	Caring for Head, Neck, and Spinal Injuries in Water (Lesson 8; p. 221)	Spinal Backboarding in Shallow Water with High Edges (Lesson 8)	Performing a Primary Assessment - Adult/Child (Lesson 5)	Final Skills Scenario 2: Multi Rescuer Response Number 3 (Lesson 9; p. 237)
9	Injury Prevention Strategies (Lesson 2 p.99-100)	When Things Do Not GO as Practiced -Front/Rear-Head Hold Escape (Lesson 7)	First Aid Scneario: Performing a Secondary Assessment (Assign at least 2 scenarios to the class) (Lesson 7)	Skill Drill: Multiple-Rescuer Response— Scenario 6 (Lesson 7; p. 213)
10	Guarding Special Attractions (Lesson 2 p.103-105)	Spinal Backboarding in Deep Water (Lesson 4)	Using a Resuscitation Mask (Lesson 5)	Skill Drill: Submerged victim, extrication and two rescuer BVM (Lesson 5)

**Manikin Care and Decontamination:**

1. Manikin care and decontamination is one way to ensure participant\_\_\_\_\_.
2. Give 2 reasons why a participant may request a separate (not shared) manikin?
3. If a separate manikin is requested, you should not ask \_\_\_\_\_. You should \_\_\_\_\_ the request if possible or refer them to another \_\_\_\_\_.
4. Participants should not \_\_\_\_\_, \_\_\_\_\_, or chew \_\_\_\_\_ while using manikins. They should treat manikins as if they were a \_\_\_\_\_.
5. The use of CPR breathing barriers does not eliminate the requirement to \_\_\_\_\_ manikin faces shared by more than 1 person.
6. To disinfect the manikin's face during practice, you should vigorously wipe the face with a clean gauze pad soaked with either one of the following solutions:
7. The best way to understand how to assemble, disassemble, clean and disinfect, and make minor repairs to manikins is to review the manufacturer's \_\_\_\_\_.
8. When handling manikins, you should always wear \_\_\_\_\_.
9. Which part of the manikin is disposable?
10. Which part of the manikin should be cleaned and disinfected?
11. What simple technique can be used to keep the manikin's body from getting soiled with dirt, oil, etc.?
12. What is the procedure for cleaning and disinfection manikin faces, resuscitation masks, and other reusable items?

**Lifeguarding Program:** This section of the course introduces Lifeguarding Core Courses and modules.

1. The Lifeguarding Core Courses are \_\_\_\_\_, \_\_\_\_\_ - \_\_\_\_\_ Lifeguarding, and \_\_\_\_\_ - \_\_\_\_\_ Lifeguarding.
2. Two modules that can be added onto a Lifeguarding Core Course or taught after participants have received training in a Lifeguarding Core Course are \_\_\_\_\_ Skills and \_\_\_\_\_ Skills.
3. Which of the modules in question 2 requires that the LGI take the module before he or she can teach the module?
4. Five optional modules that can be taught separately or added to any course and do not require Lifeguarding/First Aid/CPR/AED certification are:
5. Five water safety courses that an LGI can teach are:
6. First aid and CPR/AED courses that LGIs can teach include:

**Lifeguarding Course Delivery Options:**

1. The 2 delivery options for Lifeguarding are \_\_\_\_\_ and \_\_\_\_\_.
2. Knowledge and skills are the \_\_\_\_\_ for each delivery option.
3. Upon completing the LGI course, you will be able to teach \_\_\_\_\_ of the delivery options.
4. You should learn about the \_\_\_\_\_ portion of the course before teaching the blended learning Lifeguarding course. A \_\_\_\_\_ is available on Instructors Corner.

**Instructor- Led Course:** The instructor-led (or classroom only) lesson plans focus on active participant and hands-on learning through lecture, guided discussion, activities, skill videos, skill practices and drills, and team (multiple-rescuer) scenarios. The lesson plans for the instructor-led Lifeguarding and Shallow-Water Lifeguarding courses are in Section B of the Lifeguarding Instructor Manual.

1. Two instructor-led course options are available: the full course and the \_\_\_\_\_ course.
2. The \_\_\_\_\_ course is the primary course used, and it is designed for both new learners and those seeking recertification.
3. Two outlines are available for the full course: the \_\_\_\_\_ course outline consisting of \_\_\_\_ lessons of 3–4 hours each and the \_\_\_\_\_ course outline consisting of \_\_\_\_ sessions of approximately 8 hours each.
4. The \_\_\_\_\_ course is an abbreviated recertification course for currently certified participants. The purpose of the course is to allow participants to \_\_\_\_\_ course content and practice skills in a formal class setting before performing skill for evaluation and completing written exams.
5. To participant in a review course, individuals must possess and provide proof of a \_\_\_\_\_ American Red Cross Lifeguarding/First Aid/CPR/AED certificate or one that has expired no more than \_\_\_\_\_ days.
6. The full instructor-led course outlines are located in Section \_\_\_\_\_ of the Instructor’s Manual and the review course outlines are located in Section \_\_\_\_\_, Appendix \_\_\_\_\_.

**Blended Learning Course:** The blended learning lesson plans include the same information as the instructor-led course. Portions of the course are conducted online through eLearning content. Instructors lead discussions to recap eLearning topics and complete the understanding of eLearning content; conduct skill practice and skill assessment of water skills, first aid, and CPR/AED; and confirm participant progress. The course outlines for the blended learning option can be found in Section B of the Blended Learning Lifeguarding Instructor’s Manual.

1. With the blended learning approach, participants \_\_\_\_\_ online training and in-person skill sessions.
2. Upon successful completion of the online portion, participants will be able to print proof of \_\_\_\_\_. This is not a valid Lifeguarding/First Aid/CPR/AED \_\_\_\_\_.
3. The online portion of the course allows participants to train at their own \_\_\_\_\_ (approximately \_\_\_\_ hours of eLearning content), watch a majority of the course \_\_\_\_\_, participant in scenario-based \_\_\_\_\_ activities, and develop a foundation for in-person \_\_\_\_\_ practice.
4. The \_\_\_\_\_ sessions provide an opportunity for hands-on skill practice.
5. To be able to answer questions about the online content, instructors must be completely familiar with the \_\_\_\_\_ portion of the course. A \_\_\_\_\_ is available on Instructors Corner.

**Certification Criteria:** To be certified in a Lifeguarding Core Course, participants must:

- Pass the precourse skills assessment.
- Attend the entire course.
- Actively participate in all required elements of the course, including assuming various roles in course activities and scenarios.
- Demonstrate competency in all required skills and activities.
- Demonstrate competency in all required final rescue skill scenarios.
- Pass the 2 final written exams with a minimum grade of 80% on each section.

**Lifeguarding Final Written Exams:** Answer the following questions:

1. The 2 written exams cover (1) \_\_\_\_/\_\_\_\_ for \_\_\_\_\_ Rescuers and \_\_\_\_\_ (40 questions) and (2) \_\_\_\_\_, which has different exams for \_\_\_\_\_, \_\_\_\_\_ Lifeguarding, and \_\_\_\_\_ Lifeguarding (35 questions).
2. Participants must achieve a score of at least \_\_\_\_\_ % on each exam.
3. Why is there a Version A and Version B of each exam?
4. If a participant is not successful on the first attempt to pass a written exam, they may have \_\_\_\_\_ additional opportunity/ties to retake an alternate form of the exam.
5. The written exams are located (select one) IN THE INSTRUCTOR MANUAL/ON INSTRUCTORS CORNER.
6. The answer keys are located (select one) IN THE INSTRUCTOR MANUAL/ON INSTRUCTORS CORNER.
7. Participants using the blended learning format take the \_\_\_\_\_ exam online.
8. True or False: When taking the written exams in class, participants can work together to answer questions.
9. True or False: Participants can use the textbook during each exam.
10. True or False: Participants can review their exam after it has been graded.
11. True or False: Participants can take their graded answer sheets with them when they leave class.
12. True or False: The Waterfront Skills and Waterpark Skills modules have a written exam covering the information of the module. There are 2 variations of this exam.

## Lifeguarding Program Materials

**Instructors Manual:** Answer the following questions:

1. The \_\_\_\_\_ manual is the primary resource for those certified to teach the courses in the Lifeguarding program. It describes the program and contains the information for \_\_\_\_\_, preparing, and \_\_\_\_\_ the lifeguarding course.
2. How many versions of the Lifeguarding Instructor Manual are there?
3. The Lifeguarding Instructor's Manual is divided into 3 parts. Match each section to its description:
  1. Appendixes that include supplemental materials to support the Lifeguarding program, such as activity worksheets, a master materials list, sample letter to participants review course outlines, a list of video segments, written exam answer keys, etc.  
Section A: \_\_\_\_\_
  2. Administration that contains information needs to conduct the courses, including program overview, instructor requirements and responsibilities, information about setting up and running courses, requirements for successful course completion, etc.  
Section B: \_\_\_\_\_
  3. The Course that contains the course outlines and lesson plans. The lesson plans provide the primary points to be covered in each lesson as well as guidelines for activities and skill sessions.  
Section C: \_\_\_\_\_

**Instructor Skill Charts & Skill Assessment Tools:** Answer the following questions:

1. The skill charts and skill assessment tools provide guidance for skill practices and scenarios and are used to \_\_\_\_\_ performance.
2. \_\_\_\_\_ identify the competencies for each skill—the critical actions that must be completed.
3. The \_\_\_\_\_ tools identify the criteria required for course participants to be evaluated at proficiency levels. A “proficient” rating indicates that the participant met the \_\_\_\_\_ for the skill. A “not proficient” rating means that the participant \_\_\_\_\_ meet the criteria for the skill.
4. Instructors \_\_\_\_\_ use these criteria to evaluate all skills in the course.

**Participants Manual:** Answer the following questions:

1. The participant's manual reinforces \_\_\_\_\_ from the lecture portions of the course and contains participant \_\_\_\_\_ sheets to guide practice.
2. The participant's manual is the \_\_\_\_\_ in-class text which can also be used as a \_\_\_\_\_ after the course is completed.
3. Each participant should have his or her own manual throughout the course in either \_\_\_\_\_ or print format. A \_\_\_\_\_ or \_\_\_\_\_ should be used to display the digital manual to ensure proper viewing.
4. Answers to chapter review questions can be found in Appendix \_\_\_\_\_ in the Instructor's Manual.

**Course Presentations:** Answer the following questions:

1. \_\_\_\_\_ course presentations are available to support the Lifeguarding program. List them below:
2. Course presentations are similar to \_\_\_\_\_ presentations projected on a screen or viewing area. They reinforce key points, provide visual aids, include \_\_\_\_\_ segments, and help you deliver information in a more \_\_\_\_\_ way.
3. Course presentations may be \_\_\_\_\_ directly from \_\_\_\_\_.
4. Before conducting the course, you should become familiar with the presentation \_\_\_\_\_ and \_\_\_\_\_ the display of the system to be used. You should also have \_\_\_\_\_ copies of the presentations.

**DVD:** Answer the following questions:

1. The DVD is an alternative option for using the course \_\_\_\_\_.
2. Similar to the course presentation format, the DVD allows instructors to click through course presentation slides using the \_\_\_\_\_.
3. The DVD main \_\_\_\_\_ allows the instructor to select specific slides or play specific demonstration videos.
4. If you plan to use the DVD, you should become familiar with the DVD \_\_\_\_\_ and the main menu \_\_\_\_\_ before conducting the course.

**Program Benchmarks:** Work with your partner to identify the Lifeguarding program benchmarks for each category and then identify why the benchmark is important for the professional lifeguard.

Category	Benchmarks
Lifeguard Professionalism and Conducting Surveillance (PM, Chs 1–3)	
Injury Prevention and Rescues (PM, Chs 4–7)	
Lifeguard Response— First Aid/CPR/AED (PM, Chs 8–11)	
Lifeguard Operations— Facility Safety (PM, Chs 2, 4, and 5)	
Lifeguard Operations— Preparedness and Performance (PM, Chs 3 and 7)	
Lifeguard Operations— Facility Policies/Equipment (PM, Chs 6 and 8–10)	



**Concepts of Learning - MARS:** Work with your partner to identify ways the concepts of learning (MARS) are used when teaching the courses in the Lifeguarding program.

Concept of Learning	Examples
<p><b>M</b></p> <p><b>Motivation</b> Participants learn more effectively when they find value in the subject and are goal directed.</p>	
<p><b>A</b></p> <p><b>Association</b> Participants learn more readily when they can associate new information with previous experiences or learning.</p>	
<p><b>R</b></p> <p><b>Repetition</b> Review, summary, and practice provide repetition that helps participants learn.</p>	
<p><b>S</b></p> <p><b>Senses</b> Participants learn more rapidly when they are engaged and actively involved in the learning process through the use of as many senses as possible.</p>	

**Critical Eye Activity Worksheet:** This activity has two steps:

- **Observation:** Observe the demonstration of skills and identify any errors, using the skill charts and skill assessment criteria to check whether skills were performed correctly and whether or not skill competencies were met.
- **Feedback:** Think about how you would phrase positive, corrective feedback. Your observations and feedback should include skill errors, correct elements, skill competency (proficient or not) and the type of feedback that should be provided.

Skill	Demonstration/Errors
Primary Assessment	
One-Rescue CPR--Adult	
Choking--Infant	

**Notes:**

**Red Cross Information:** This page contains information you may need after leaving this class.

- **Access Red Cross Accounts:** After successfully completing the LGI course, start using [www.instructorscorner.org](http://www.instructorscorner.org) and the Learning Center (Saba).
- **Connect with Organizations:** To teach a Red Cross Lifeguarding course and issue Red Cross certificates, you must be associated with one or more of the following authorized organizations:
  - **The American Red Cross** – you can teach directly for the Red Cross as an employee or volunteer
  - **An Authorized Provider (AP)** – you can teach as an employee of an AP
  - **A Licensed Training Provider (LTP)** – you can teach as an employee or agent/associate of an LTP; you can also become an LTP
- **Teach Red Cross Courses and Submit Course Records:** Teach at least one qualifying Red Cross Lifeguarding core course every 2 years and submit a course record. You must do this as part of the recertification process.
- **Participate in an Instructor Review Course Every 2 Years:** Before you expire, make sure you attend and fully participate in a Lifeguarding Instructor Review. This is a 7-hour-and-30-minute review of the Lifeguarding Program that will require you to enter the water and perform skills. You must do this Review as the other part of the recertification process. During the Review, you can “test out” to receive a basic Lifeguarding/First Aid/CPR/AED certification (this part is optional).
- **Complete Periodic Updates:** About every 5 years, the Red Cross updates its instructor programs. To continue as an instructor when an update occurs, you must go through the update process. This may involve an online course and test or a classroom session. (When an update occurs, your existing LGI certificate expires even if you have previously completed recertification!)
- **Get Assistance as Needed:** You can get assistance with Red Cross issues from the following resources:
  - **Local Red Cross representatives**, including the Health & Safety Services Territory Service Delivery Manager and the Aquatic Training Specialist. You can obtain the names of these individuals in your area by calling 1-800-RED-CROS.
  - **Training Support Center:** A professional call center that provides assistance with course registrations, course record entries, new and replacement certificates, and equipment orders. You can contact the Training Support Center by telephone at 1-800-RED-CROS or by email at [support@redcrosstraining.org](mailto:support@redcrosstraining.org).
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- **Instructor’s Corner** ([www.instructorscorner.org](http://www.instructorscorner.org)): A Web site with teaching tools and updates, training supplies, and marketing and promotional materials.
- **Learning Center (Saba):** An online Web system and database that enables instructors to access their instructor transcript, submit course records, print certificates, and receive automated program updates and announcements. To access the Learning Center, go to <https://classes.redcross.org/Saba/Web/Main>.
- **Refresher Center:** An online site with Lifeguarding and First Aid and CPR short presentation and quizzes designed to keep your knowledge of these important skills sharp until your next training session or certification class. The Refresher Center is located at [www.redcrossrefresher.com](http://www.redcrossrefresher.com).