

Program Purpose

The primary purpose of the newly revised Lifeguarding program is to train lifeguards to act with speed and confidence in emergency situations both in and out of the water. Topics include water rescue skills, surveillance and recognition, first aid, breathing and cardiac emergencies, CPR, AED and more. The new program reflects the latest Emergency Cardiovascular Care (ECC) science.

Program Highlights

- **New** quicker, more efficient extrication techniques to remove passive victims from the water
- **Enhanced team response scenarios** to help participants effectively communicate, prioritize care (without having assigned roles) and take action while working with multiple rescuers
- **Course options**, such as traditional in-person training or blended learning
- **New** classroom drills to help keep skills sharp and prepare lifeguards for real world scenarios
- **Enhanced participant materials**, including end of chapter review questions to help participants retain course information and prepare for the final exam
- **Enhanced Instructor materials**, including:
 - Deluxe instructor kit
 - Two-column, two-color instructor manual with comprehensive administrative section and pre-lesson instructor guidance to help instructors prepare for each lesson
 - Delivery outlines for different course formats
 - Intensive – e.g., for long weekend courses
 - Standard – e.g., once a week or full week courses
- **New tools** for instructor trainers including practice teaching workbooks for instructor candidates and new practice teaching feedback and evaluation forms
- **New Lifeguarding Instructor/Instructor Trainer Review course** to give instructors/ITs the opportunity to practice and polish skills with their peers, network with other instructors/ITs, review Red Cross administrative policies and procedures, and participate in an optional “test out” session to gain a basic-level certification
- **Customer choice** for course materials—download free digital or purchase print
- **Training options** to meet the needs of aquatic facilities including:
 - Pool (over 5'), Shallow Water (5' or less), Aquatic Attraction (3' or less), waterparks and non-surf waterfronts
 - Optional modules available in Administering Emergency Oxygen and Bloodborne Pathogens Training as well as covering the use of asthma inhalers and epinephrine auto-injectors; First Aid for Public Safety Personnel can also be added to meet California Title 22 requirements
- **Two-year certification** for Lifeguarding/First Aid/CPR/AED
- **Easy access** to certificate printing and tracking

Lifeguarding Blended Learning Courses—*Available April 30, 2017*

- Course content and skills session materials updated to reflect the latest science and American Red Cross Scientific Advisory Council recommendations.
- New streamlined method for setting up the online portion of a blended learning course along with an easy-to-use method for participants to register for and access the online course (direct links).
- Two course outlines available:
 - **The Intensive Course Outline** allows participants to complete all eLearning content before attending the first in-person session and is recommended for sessions held back-to-back, such as a long weekend class.
 - **The Extended Course Outline** allows participants to alternate between eLearning and classroom sessions with days or weeks between. When following this outline, instructors assign eLearning and reading assignments at the end of each in-person session.

KEY DATES	ACTIVITY
January 3	<ul style="list-style-type: none"> ▪ Program Release including Learning Center online updates and digital materials posted to RedCross.org and Instructor's Corner ▪ 2017 Lifeguarding Instructor/Instructor Trainer Update available in the Learning Center ▪ 2017 Lifeguarding courses available in the Learning Center ▪ As of this date, ITs may not teach the 2012 Lifeguarding Instructor course; only the new, 2017 Lifeguarding Instructor course may be taught
April 30	<ul style="list-style-type: none"> ▪ Blended Learning Lifeguarding, CPR/AED for Professional Rescuers and Lifeguard Management programs release
July 31	<ul style="list-style-type: none"> ▪ Basic-level 2012 Lifeguarding courses may no longer be taught ▪ Last day for instructors and ITs to update their certifications by completing the Lifeguarding Instructor/Instructor Trainer Online Update for free ▪ Instructors/ITs who have not completed the online update are no longer certified to teach these programs
August 1—December 31	<ul style="list-style-type: none"> ▪ Lifeguarding Instructor/Instructor Trainer Online Update available with \$35 late registration fee
One year from the date Instructors/ITs Complete the Online Update	<ul style="list-style-type: none"> ▪ Instructors/ITs must successfully complete an in-person Lifeguarding Instructor/Instructor Trainer Review course within 1 year after completing the Lifeguarding Instructor/Instructor Trainer Online Update, then every subsequent 2 years ▪ The Instructor/Instructor Trainer Review course replaces the requirement to complete a recertification assessment for lifeguarding instructors/ITs; the recertification assessment is no longer required for lifeguarding instructors/ITs

Release Highlights

- First Aid, CPR, AED content and skills of the Lifeguarding program updated to reflect the latest science, including the 2015 Consensus on Science and Treatment Recommendations for CPR and Emergency Cardiovascular Care and the American Heart Association and American Red Cross First Aid Guidelines
- Course content updated to reflect latest American Red Cross Scientific Advisory Council recommendations
- Introduction of new or updated rescue skills to help lifeguards respond quickly to emergencies in and around the water:
 - **Passive Victim Front Rescue**, a new variation on a skill introduced by the American Red Cross more than 50 years ago
 - **Passive Victim Extrication** replaces the two-person removal technique for faster, more efficient extrication of an unresponsive victim
 - **Spinal Backboarding Procedures:** Three new techniques used for suspected spinal extrication for fast, efficient handling of suspected spinal injuries in the water. Options for different pool/aquatic designs:
 - Spinal Backboarding Procedure
 - Spinal Backboarding Procedure—High Edges
 - Spinal Backboarding Procedure—Speed Slide
 - Passive Victim Rescues include a new towing technique to help lifeguards get victims to an exit point quickly and safely with the victim's head in an open airway position.
 - New guidance for handling spinal injuries on land.

Release Highlights (*continued*)

- Courses streamlined:
 - With content from the Aquatic Attraction Lifeguarding integrated into the Lifeguarding course and materials
 - With the elimination of specific skills or content, including the following:
 - Two-person removal from water technique (replaced by new extrication method)
 - Standing take-down for spinal injuries on land
 - Administering Emergency Oxygen no longer a requirement in the Lifeguarding Instructor course (now available as an optional add-on module to the Lifeguarding Instructor course)
- New classroom activities that engage participants and improve learning and retention
- New multiple-rescuer response activities encourage critical thinking, communication, prioritization of care and effective team response skills
- Focus on strong physical competency, as well as patron surveillance, victim recognition and injury, and drowning prevention and objective-based rescues
- Emphasis on skill competency and evaluation with superior instructor tools for standardizing training and skill assessment
- Lifeguarding program benchmarks help establish standards and set expectations for Red Cross lifeguards
- End of chapter review questions help participants study and retain course information and prepare for the final exams
- Engaging course presentation incorporating new videos and new motion graphics; course presentation now provided on the DVD for easy access
- Redesigned instructor materials based on instructor feedback for easier preparation and delivery of course content, including a two-column, two-color design
- New instructor trainer (IT) tools to aid in course delivery and execution of facilitate practice-teaching assignment

Core Courses

Course Name	Course Code r.17	Instructor Led Course Length HH:MM	Blended Learning Course Length eLearning/In-Person
Lifeguarding	HSSAQU402	28:35	7:00 / 19:55
Shallow Water Lifeguarding	HSSAQU401	26:25	7:00 / 19:35
Aquatic Attraction Lifeguarding (Water ≤ 3')	HSSAQU351	26	n/a
Lifeguarding Instructor	HSSAQU803	n/a	2:00 / 21:45
Lifeguarding Instructor/Instructor Trainer Review	HSSAQU856	7:30	n/a
Lifeguarding Basic-Level Test for LG Instructors	HSSAQU451	n/a (testing session only)	
Lifeguarding Review	HSSAQU402R	9:40	n/a
Shallow Water Lifeguarding Review	HSSAQU401R	8:40	n/a
Aquatic Attraction Lifeguarding (Water ≤ 3') Review	HSSAQU351R	8:35	n/a
Waterfront Skills	HSSAQU403	5:45	n/a
Waterpark Skills	HSSAQU404	3:45	n/a

In addition to these full courses, the review courses and add-on modules including Waterfront Skills and Waterpark Skills will continue to remain available with the 2017 Lifeguarding program. Course outlines and information on the review courses will be available in the *Lifeguarding Instructor's Manual* and on Instructor's Corner.

Basic-Level Courses

Lifeguarding

For entry-level participants at all facility types:

- Certification: Lifeguarding/First Aid/CPR/AED—valid 2 years
- Prerequisites:
 - Must be at least 15 years old on or before the last day of class
 - Swim 300 yards continuously demonstrating breath control and rhythmic breathing
 - Tread water for 2 minutes using only the legs
 - Complete a timed event within 1 minute, 40 seconds:
 - Starting in the water, swim 20 yards
 - Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object
 - Surface and swim 20 yards on back with both hands holding object
 - Exit the water without using a ladder or steps

Shallow Water Lifeguarding

For entry-level participants at all facilities with water less than 5 feet:

- Certification: Shallow Water Lifeguarding/First Aid/CPR/AED—valid 2 years
- Prerequisites:
 - Must be able to complete the water competency sequence test (minimum water depth: 5'):
 - Step into the water from the side and totally submerge
 - Recover to the surface, then maintain position for 1 minute by treading water or floating (or a combination of the two)
 - Rotate one full turn and orient to the exit
 - Level off and swim on the front or back 25 yards
 - Exit the water without using a ladder
 - Must be able to complete a timed event within 50 seconds:
 - Starting in the water, walk or swim 20 yards
 - Submerge to a depth of 3 feet to retrieve a 10-pound object
 - Return to the surface and walk or swim 20 yards to return to the starting point with both hands holding the object at the surface of the water
 - Exit the water without using a ladder or steps

Aquatic Attraction Lifeguarding

For entry-level participants at all facilities and attractions with water less than or equal to 3 feet:

- Certification: Shallow Water Lifeguarding/First Aid/CPR/AED—valid 2 years
- Prerequisites:
 - Must be able to complete the water competency sequence test (minimum water depth: 5'):
 - Step into the water from the side and totally submerge
 - Recover to the surface, then maintain position for 1 minute by treading water or floating (or a combination of the two)
 - Rotate one full turn and orient to the exit
 - Level off and swim on the front or back 25 yards
 - Exit the water without using a ladder
 - Must be able to complete a timed event within 50 seconds:
 - Starting in the water, walk or swim 20 yards
 - Submerge to a depth of 3 feet to retrieve a 10-pound object
 - Return to the surface and walk or swim 20 yards to return to the starting point with both hands holding the object at the surface of the water
 - Exit the water without using a ladder or steps

Optional Add-On Module Certifications and Prerequisites

Participants must be currently certified in one of the core Lifeguarding courses to participate in an option add-on module.

Waterpark Skills

For waterpark environments and multi-attraction facilities:

- Certification: Waterpark Skills: valid only with Lifeguarding or Shallow Water Lifeguarding/First Aid/ CPR/AED—valid 2 years
- Prerequisites:
 - Same as for Lifeguarding course

Waterfront Skills

For non-surf open-water areas at public parks, resorts, camps and campgrounds:

- Certification: Waterfront Skills: Valid only with Lifeguarding/First Aid/CPR/AED—valid 2 years
- Prerequisites:
 - Must be at least 15 years old on or before the last day of class
 - Swim 550 yards continuously demonstrating breath control and rhythmic breathing
 - Tread water for 2 minutes using only the legs
 - Complete a timed event within 1 minutes, 40 seconds:
 - Starting in the water, swim 20 yards
 - Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object
 - Surface and swim 20 yards on back with both hands holding object
 - Exit the water without using a ladder or steps
 - Complete an underwater swimming event:
 - Starting in the water, swim 5 yards (the face may be in or out of the water)
 - Submerge, swim under water and retrieve three dive rings placed 5 yards apart in 4 to 7 feet of water
 - Return to the surface after picking up all three dive rings and continue to swim another 5 yards to complete the skill sequence

In addition, the following first aid add-on modules and trainings are an integral part of the Lifeguarding program:

- Administering Emergency Oxygen*
- Bloodborne Pathogens Training
- Asthma Inhaler Training
- Anaphylaxis and Epinephrine Auto-Injector Training

*To be eligible to teach Administering Emergency Oxygen, Lifeguarding Instructors trained on or after January 3, 2017 must obtain a basic-level certification in Administering Emergency Oxygen prior to teaching the Administering Emergency Oxygen module. Because of variances in state and local regulatory policies and limited access to oxygen delivery equipment in certain areas, the r.2017 Lifeguarding Instructor course will not include instructor-level training in Administering Emergency Oxygen. Lifeguarding Instructors trained in the r.12 program or in previous programs may continue to teach the Administering Emergency Oxygen module.

Instructor-Led Training

The 2017 Lifeguarding instructor-led program became available on January 3, 2017. In this format, all the course content, teaching and practice sessions and evaluations are in-person and delivered by an instructor.

Blended Learning

The 2017 Lifeguarding Blended Learning program became available on April 30, 2017.

In the 2017 Lifeguarding blended learning course, the eLearning component has been designed to instruct participants in the knowledge-based aspects of the Lifeguarding courses, along with introducing them to the skills they will practice and master during the instructor-led portion of the training. The course combines online learning and instructor-led sessions for in-class/in-water training. The online portion will teach knowledge objectives and the majority of video content. It is scenario based and includes guided discovery through activities. This allows participants to train at their own pace.

eLearning content for Lifeguarding blended learning basic-level courses is delivered via the Direct Links platform. This platform offers an improved user experience for accessing the online portion and supports blended learning for APs/LTPs. It eliminates the need to request registration deep links for the online portion. Instructor courses must be set up and scheduled following the processes listed below in the *Instructor Courses* section and will not use the Direct Links platform.

Instructions for accessing the Direct Links platform and sample emails to Lifeguarding blended learning participants are available on Instructor's Corner.

System Requirements for Lifeguarding Blended Learning Courses	
Processors	Dual-core processor with a speed greater than or equal to 2.3GHz
RAM	4GB
Operating System	Desktop: Microsoft Windows 7/8/10, OS X Snow Leopard 10.6+ Tablet: iPad iOS 7+ (Safari), Android 4.0.3+ (Google Chrome) This course is not supported on smartphone devices.
Browsers	IE10+, Chrome 49+, Firefox 47+, Safari 9+ Cookies, JavaScript, images and HTML5 audio/video must be supported
Screen Resolution	1024x768
Color Depth	High Color, 32Bit
Bandwidth	2.0 mbps dedicated or faster; broadband Internet access recommended
Audio	A soundcard, and either speakers or headphones (for multi-media audio)

Blended Learning *(continued)*

Lifeguarding and Shallow Water Lifeguarding Review Courses

The instructor-led Lifeguarding Review and Shallow Water Lifeguarding Review course times were reduced and no longer include several video segments. As a result of this change to the course outline, there are no blended learning review courses. Instructors may distribute the lifeguarding Direct Link to Lifeguarding Review and/or Shallow Water Lifeguarding Review course participants to allow them to review course content and watch video segments prior to attending a review course.

Direct Links Overview

Direct Links is a self-service platform that allows instructors to provide participants with immediate access to blended learning courses via a single link/URL. With Direct Links, participants are responsible for providing the instructor with proof that they completed the online portion. When using Direct Links, payment for student registrations is made when the instructor reports the training through the Course Record Portal (redcross.org/courserecords). Instructors will no longer be required set up blended learning basic-level Lifeguarding course offerings in the American Red Cross Learning Center.

Using Direct Links

The instructor is responsible for distributing the course-specific direct link (URL) to students. A Direct Links Resource Guide for Lifeguarding will be available on Instructor's Corner and will include the Lifeguarding blended learning Direct Link.

Two sample email templates for distributing the direct link to participants will be available on Instructor's Corner and in Section C of the *Lifeguarding Blended Learning Instructor's Manual*. There is a template for instructors who wish to follow the *intensive course outline* and a template for instructors who wish to follow the *extended course outline*. The templates include a place for instructors to add the following key information:

- Course-specific URL (the "direct link")
- Course location(s) and schedule

In addition, the template includes information about the PC/tablet requirements for the course, a description of the methods the student may use to demonstrate proof of eLearning content completion and reminders about eLearning content completion. Participants may use one of the following to demonstrate proof of eLearning content completion:

- A copy of the completion record that may be printed from the online course.
- A copy of the email confirmation received upon completion of the online portion (only when following the intensive course outline).
- Visibility to the completion status that appears above the "Launch Course" button (requires the participant to log in to the Direct Links platform).

If a participant has not completed the assigned eLearning portion or cannot provide verification, the participant is not permitted to attend the class. If the instructor has another course scheduled, the participant may be given an opportunity to join an upcoming class where they can show proof of eLearning content completion.

After completing the in-person portion of the course, instructors should report blended learning courses through the American Red Cross Course Record Portal (redcross.org/courserecords) using the same course codes as the instructor-led program.

Instructor Courses

The Lifeguarding Instructor course trains instructor candidates to teach American Red Cross Lifeguarding, Shallow Water Lifeguarding, Aquatic Attraction Lifeguarding, Waterfront Skills, Waterpark Skills, First Aid, CPR/AED for Professional Rescuers, Administering Emergency Oxygen and Bloodborne Pathogens. Lifeguarding Instructors with a current Red Cross basic-level certification in Administering Emergency Oxygen may also teach Administering Emergency Oxygen. This course prepares instructor candidates to use course and presentation materials, conduct training sessions and evaluate the progress of candidates in a professional-level course.

To be eligible to teach Waterfront Skills, candidates must also possess a Waterfront Skills certificate (or equivalent). To be eligible to teach Administering Emergency Oxygen, Lifeguarding Instructors trained after January 3, 2017 must possess a **current** basic-level or instructor-level certification in Administering Emergency Oxygen.

The 2017 Lifeguarding Instructor course is a blended learning offering with the following:

1. Online Introduction to the Lifeguarding Instructor Course.
2. Classroom session that begins with a precourse session to evaluate basic-level knowledge and skills.
3. Skills and Practice-Teaching Assignments in which lifeguarding instructor candidates practice teaching and evaluating skills.

The following requirements should be noted:

- Basic-level Lifeguarding/First Aid/CPR/AED certification *is required to **become*** a lifeguarding instructor, but lifeguarding instructors *are not required to **maintain*** a basic-level certification.
- Successful completion of a Lifeguarding Instructor/Instructor Trainer Review course is required for lifeguarding instructors and ITs to maintain their Instructor/IT certification (see the Instructor/IT Information section of this document for details).

Instructor-Level Certification and Prerequisites

- Certification: Lifeguarding Instructor—valid for 2 years:
- Prerequisites:
 - Must be at least 17 years old
 - Possess a current American Red Cross certificate for Lifeguarding/First Aid/CPR/AED
 - Obtain the *Lifeguarding Instructor's Manual* (print version) and *Lifeguarding Manual* (digital or print) prior to entering the first classroom session of the instructor course
 - Successfully complete the online Introduction to the Lifeguarding Instructor course
 - Successfully complete the in-person precourse session

Instructor Course Set-Up

Lifeguarding Instructor courses must be set up prior to the date of the class in the American Red Cross Learning Center. These are the steps to follow when setting up an instructor course:

1. The Lifeguarding instructor Trainer completes the [Request to Set Up Instructor Courses](#) web form on Instructor's Corner at least 2 weeks prior to the course start date.
2. The Training Support Center creates an offering in the Learning Center and sends the offering ID and registration deep link back to the instructor trainer.
3. The Lifeguarding instructor trainer sends the offering deep link and registration instructions to course participants using the Lifeguarding instructor candidates email template on Instructor's Corner

Crossover/Re-Entry

Former American Red Cross Lifeguarding instructors whose certifications expired no more than 2 years before the beginning of the Instructor Crossover/Re-Entry Bridge course and current Lifeguarding instructors from other organizations (see list below) are eligible to participate in the Lifeguarding Instructor Crossover/Re-Entry Bridge course. Instructors whose authorizations were suspended or withdrawn for any reason are not eligible to participate in the Lifeguarding Instructor Crossover/Re-Entry Bridge course.

Attendance and successful completion of a crossover/re-entry bridge course will result in American Red Cross Lifeguarding Instructor certification. There is no crossover/re-entry bridge course option for instructor trainer certification. All Instructor trainer candidates, including those from other organizations and expire American Red Cross instructor trainers, must attend and successfully complete an Instructor Trainer Academy to achieve an IT certification. Information about Instructor Trainer Academies is provided below.

The Lifeguarding Instructor Crossover/Re-Entry Bridge course is approximately 10 hours (2 hours online, 8 hours in-person).

To be eligible for the Lifeguarding Instructor Crossover/Re-Entry Bridge course, the prospective instructor candidate must:

- Be at least 19 years old on or before the last scheduled class (*see FAQ on Instructor's Corner for questions on the age requirement*)
- Possess a current basic-level American Red Cross Lifeguarding/First Aid/CPR/AED certification or equivalent.
- Possess one of the following credentials:
 - Evidence of former American Red Cross Lifeguarding Instructor certification—expired by no more than 2 years (available as an Instructor Transcript from the American Red Cross learning center)
 - Evidence of current external credentials showing that the individual successfully completed a formalized lifeguarding instructor course with one of the following organizations:
 - Canadian Red Cross—Lifeguarding Instructor
 - YMCA—Lifeguarding Instructor
 - International Pool and Waterpark Lifeguard Training Program (Ellis & Associates)—Lifeguard instructor
 - Boy Scouts of America (BSA)—either Aquatics instructor or BSA Lifeguard instructor
 - Starfish Aquatics Institute - StarGuard Instructor
 - Lifesaving Society of Canada—Lifesaving Instructor
 - Royal Life Saving Society of the United Kingdom—Lifesaving Instructor
 - United States Lifesaving Association—Open Water Lifeguard Instructor
 - Have successfully completed the online Session for the Lifeguarding Instructor course (online Introduction to the Lifeguarding Instructor course)
 - Obtain the *Lifeguarding Instructor's Manual* and *Lifeguarding Manual* before the instructor course
 - Successfully complete the Lifeguarding Instructor course precourse session

Instructor Trainer Academies

To become an instructor trainer, an individual must attend an Instructor Trainer Academy. The academies are hosted directly by the American Red Cross. Individuals who wish to attend must complete an online application, participate in a phone interview, and if accepted as an instructor trainer candidate, successfully complete the Instructor Trainer Academy. All additional information on this topic, including the online application, can be found on Instructor's Corner.

Instructor trainer educators should complete the Lifeguarding Program Update prior to teaching at an academy. The updated Lifeguarding program will be taught at the academies beginning February 2017. All instructor trainer candidates must obtain and self-orient to all 2017 Lifeguarding program materials and complete the Lifeguarding Instructor/Instructor Trainer update prior to attending an academy beginning in February 2017.

Course Materials and Supplies

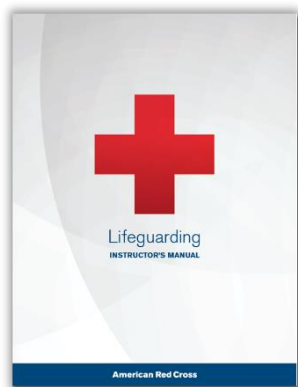
Course materials are available in digital format on Instructor's Corner and in affordable print format on the Red Cross Store. The Lifeguarding Blended Learning Instructor's Manual is available in digital format only on Instructor's Corner.

Lifeguarding Manual



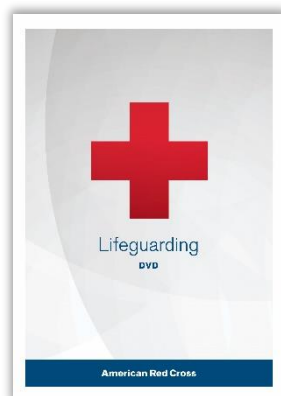
- *Lifeguarding Manual* is required for use by participants during class
- Available in free digital format and in an affordable print format
- Includes information on all course topics
- Comprehensive review questions to help students learn, study and retain critical information
- Designed to be used as a refresher tool after class and on the job
- Contains supplemental information to enhance job-related knowledge
- Skill sheets with photos are included for easy reference and review

Lifeguarding Instructor's Manual



- *Lifeguarding Instructor's Manual* is required for use by instructor candidates during the instructor course and for instructors when teaching the Lifeguarding course
- In a two-color format, the IM contains streamlined lesson plans and enhanced skill assessment tools
- Available in free digital format and in an affordable print format
- Includes new pre-lesson Instructor guidance tools and resources to help instructors prepare for each lesson
- Designed to be used in conjunction with multimedia course presentations, available on Instructor's Corner (these include course videos, skill sheets and lecture points that can be streamed from the internet or downloaded to a computer)
- The *Lifeguarding Blended Learning Instructor's Manual* is available on Instructor's Corner.

Lifeguarding DVD Set



- Video segments include skills demonstrations, victim recognition and surveillance activities from the point of view of the lifeguard, Course presentations are included on the Lifeguarding DVD
- Video segments are available in a variety of formats, including as part of the course presentations, on DVD and by segment for streaming from Instructor's Corner

Lifeguarding Deluxe Instructor Kit



- American Red Cross instructor backpack
- *Lifeguarding Manual*
- *Lifeguarding Instructor's Manual*
- Lifeguarding DVD Set
- Adult and pediatric CPR masks
- American Red Cross whistle
- Lifeguarding instructor pin
- Rescue tube keychain

Lifeguarding Instructor Trainer Guide:

- Available digitally by completing the Instructor Trainer Guide Request form on Instructor's Corner.
- Includes new tools for instructor trainers:
 - Practice-teaching workbook for instructor candidates
 - New practice-teaching feedback and evaluation form

ITEM	RED CROSS STORE STOCK NO.	PRICE
<i>Lifeguarding Manual</i>	755735	\$34.95
<i>Lifeguarding Instructor's Manual</i>	755736	\$34.95
<i>Lifeguarding Blended Learning Instructor's Manual</i>	n/a	Free Digital Download from Instructor's Corner
Lifeguarding DVD set	755739	\$175.00
Lifeguarding Deluxe Instructor Kit	161003	\$199.00

To order printed materials, visit the [Red Cross Store](#).

Instructor and Instructor Trainer Update Information

Completing the Online Update

Current Lifeguarding and Waterfront Lifeguarding Instructors and ITs are required to complete the **online Lifeguarding Instructor/Instructor Trainer Update** which is available through the American Red Cross Learning Center on the date the program releases. Eligible instructors/ITs will be automatically enrolled in the Lifeguarding Instructor/Instructor Trainer update on January 3, 2017 and must complete the update by the dates listed on page 2 of this Instructor Bulletin.

Upon successful completion of the update, Lifeguarding Instructors/IT certifications will extend for **1 year** from the update completion date. This is a change from previous updates. This extension will occur automatically in LMS and instructors/ITs will have the ability to print or save a copy of their new Instructor Transcript. In addition to completing the online Lifeguarding Instructor/Instructor Trainer Update, Instructors and ITs may choose to complete an *optional* group update with in-water skills session. The group update with in-water skills session alone (without the online update) will not update Lifeguarding Instructors or ITs. The outline for the in-water skills session is located on Instructor's Corner.

To maintain a Lifeguarding Instructor/Instructor Trainer certification after completing the update, Lifeguarding Instructors and ITs must complete an in-person Lifeguarding Instructor/Instructor Trainer Review course. After successful completion of the Lifeguarding Instructor/Instructor Trainer Review course, Lifeguarding Instructors/ITs will receive an Instructor/IT certification valid for **2 years**.

To teach the 2017 Lifeguarding Blended Learning course(s) released on April 30, 2017, Lifeguarding Instructors must:

1. Complete the Lifeguarding Instructor/Instructor Trainer online update.
2. Obtain the 2017 *Lifeguarding Blended Learning Instructor's Manual* (download from Instructor's Corner) and complete a self-orientation.
3. Review the 2017 Lifeguarding Blended Learning eLearning content on the direct links platform.

Maintaining a Learning Center Profile

American Red Cross instructors and instructor trainers have a responsibility to monitor and maintain their Red Cross Learning Center profile. Instructors and ITs must periodically verify that all information, including contact information, is accurate. The Learning Center will automatically track the expiration date of instructor/IT certifications. Monitoring their profile and certifications within the system allows instructors/ITs to take appropriate actions to maintain a current certification.

Maintaining a Lifeguarding Instructor Certification

Instructor candidates who successfully complete the 2017 Lifeguarding Instructor course will receive a certification valid for 2 years. Current Lifeguarding Instructors/ITs who successfully complete the Lifeguarding Instructor/Instructor Trainer Review course will also receive a certification valid for 2 years. To maintain certification as an instructor, lifeguarding instructors must:

- Complete all applicable course updates prior to the update deadline
- Teach or co-teach at least one of the core courses of record during your 2-year certification period.
- Successfully complete an in-person Lifeguarding Instructor/Instructor Trainer Review course prior to instructor certification expiration date
 - Participation in the Lifeguarding Instructor/Instructor Trainer Review course meets basic-level skill competency requirements. Instructors who wish to achieve a basic-level lifeguarding certification to work as a Lifeguard will have the option to “test out” at the conclusion of the Lifeguarding Instructor Review course. This “test out” session includes:
 - Lifeguarding precourse skills evaluation
 - Lifeguarding course final skills scenarios
 - Two final written exams (CPR/First Aid and Lifeguarding Skills)
 - Instructors/ITs who choose to attend the “test out” session and successfully complete all basic-level course requirements will earn an American Red Cross Lifeguarding/First Aid/CPR/AED certification, valid for 2 years
 - Basic-level certification **is not a requirement** to maintain a Lifeguarding Instructor/IT certification

Maintaining a Lifeguarding Instructor Trainer Certification

The lifeguarding instructor trainer certification is valid for 2 years. To maintain certification as an instructor trainer, lifeguarding instructor trainers must

- Complete all applicable course updates prior to the update deadline
- Meet **one of the following** minimum teaching activity requirements during the 2-year certification period:
 - Teach or co-teach (participation in the full course) at least **one** Lifeguarding Instructor course of record
- Or*
 - Teach or co-teach (participation in the full course) at least **two** Lifeguarding Instructor/Instructor Trainer Review courses of record
- Successfully complete the Lifeguarding Instructor/Instructor Trainer Review course prior to instructor trainer certification expiration date
 - Participation in the Lifeguarding Instructor/Instructor Trainer Review course meets basic-level skill competency requirements. Instructors and ITs who desire basic-level certification (e.g., because they will be working as a lifeguard) will have the option to complete the required written exam and in-water skills sessions at the conclusion of the Lifeguarding Instructor Review course
 - Basic-level certification **is not a requirement** to maintain a Lifeguarding Instructor/IT certification

Guidance for Existing Lifeguarding Courses and Materials

- r.2012 instructor trainer materials cannot be used after January 3, 2017, except for instructor-level courses where classes started prior to January 3, 2017 and are already in session
- r.2012 participant materials cannot be used after July 31, 2017 except for basic-level courses where classes started prior to July 31, 2017 and are already in session
- r.2012 print instructor's manuals and DVDs will not be available for sale after the release of the new print instructor's manuals and DVDs after January 3, 2017 or when existing stock depletes, whichever occurs first
- r.2012 print participant manuals will not be available for sale after the July 31, 2017 or when existing stock depletes, whichever occurs first
- r.2012 program products cannot be returned after the release of the new program materials on January 3, 2017. 6. r.2012 program materials available in digital format will be available on Instructor's Corner until July 31, 2017