



Lifeguarding Instructor Course

Fact Sheet

Course Purpose

The purpose of the American Red Cross Lifeguarding Instructor course is to train instructor candidates to teach the basic-level American Red Cross Lifeguarding course.

Course Prerequisites

- Be at least 17 years old on or before the final scheduled session of the course.
- Possess a current basic-level certification in Lifeguarding/First Aid/CPR/AED.
- 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.
- Obtain all instructor and participant materials before entering the first session of the instructor course.

Course Objectives

- 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*.

Course Length

The Lifeguarding Instructor Course is offered in a blended learning format that includes:

- 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

Instructors must hold a Lifeguarding instructor trainer certificate in order to teach the Lifeguarding Instructor Course. Specific information on eligibility and instructions on how to receive a Lifeguarding Instructor Trainer certification can be found on the Red Cross Learning Center.

Certification

Participants who successfully complete the Lifeguarding instructor course will be issued a Lifeguarding Instructor certification that is valid for two years.

Course Materials

Lifeguarding Instructor Candidates should obtain and review the following course materials prior to attending the Lifeguarding Instructor Course:

- American Red Cross Lifeguarding Instructor's Manual for Instructor-Led Training
- American Red Cross Lifeguarding Instructor's Manual for Blended Learning
- American Red Cross Lifeguarding Participant's Manual
- American Red Cross Lifeguarding Course videos, available on the Course Presentation, DVD or video segments on the [Red Cross Learning Center](#).

Digital materials are available on the Lifeguarding Instructor Candidate's page of the Red Cross Learning Center (<https://www.redcrosslearningcenter.org/s/candidate-lifeguarding>). Print materials are available for purchase on the Red Cross Store ([redcross.org/store](https://www.redcross.org/store)).