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## **GUIDELINES FOR CONDUCTING THE INSTRUCTOR CROSSOVER/RE-ENTRY BRIDGE COURSE**

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## Re-Entry Participants

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 Instructors whose authorizations were suspended or withdrawn for any reason are not eligible to participate in the Lifeguarding Instructor Crossover/Re-Entry course.

## Purpose

To recognize the previous training of American Red Cross instructors and those with a current Lifeguarding instructors from other organizations to allow these individuals to participate in an abbreviated instructor crossover/re-entry course to become current American Red Cross lifeguarding instructors.

## Prerequisites

Instructor candidate must:

- Be at least 19 years of age.
- Possess one of the following basic-level Lifeguarding certifications:
  - A current basic-level American Red Lifeguarding/First Aid/CPR/AED certification.
  - An equivalent certification from another organization.
- Possess one of the following:
  - Documentation of previous American Red Cross Lifeguarding/First Aid/CPR/AED instructor certification (expired no more than 2 years).
  - Documentation 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 Introduction to the American Red Cross Lifeguarding Instructor Course.
- Obtain the *Lifeguarding Instructor's Manual* (print), *Lifeguarding Manual* (print or digital) and American Red Cross Lifeguarding DVD set and/or Lifeguarding Course Presentation before the course.
- Go to the Red Cross Learning Center ([Redcrosslearningcenter.org](http://Redcrosslearningcenter.org)), Instructor Candidate Resources section. Printed versions can also be purchased at the Red Cross Store via a link provided in the Red Cross Learning Center.

## Certification Requirements

Instructor candidates must successfully:

- Complete the online prerequisite course.
- Demonstrate proficiency in skills.
- Participate in all course sessions, including one practice-teaching assignment.
- Complete the instructor course written exam with a score of at least 80 percent (20 correct answers out of 25 questions).

## Upon Successful Completion

Upon successful completion of the instructor course, each instructor candidate will receive certification from the American Red Cross indicating that the instructor certification is valid for 2 years.

## Instructor Crossover/Re-entry Bridge Course Outline

Suggested Time: Approximately 8 hours

Instructor Candidate must:

- Possess current basic-level American Red Cross Lifeguarding/First Aid/CPR/AED certification or equivalent.
- Obtain instructor's manual and participant materials and bring them to the first session of the instructor course. Course materials are available as a free digital download or for purchase from the Instructor Candidate Page ([instructorscorner.org/LGcandidates](http://instructorscorner.org/LGcandidates)). Required course materials include:
  - American Red Cross *Lifeguarding Instructor's Manual* (print)
  - Lifeguarding course presentation and/or Lifeguarding DVD
  - American Red Cross *Lifeguarding Manual* (print or digital)
- Complete the online Introduction to the American Red Cross Lifeguarding Instructor Course.

# Lifeguarding Instructor Crossover/Re-entry Bridge Course Outline

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

**LSP**—Water Skills Practice | **WSP**—Water Skills Practice or Activity | **WA**—Water Activity

Crossover/Re-entry Bridge Course Outline		
TOPIC	METHOD	TIME
Lifeguarding Instructor Precourse Skills Session	WA	1 hour
Practice-Teaching Overview and Assignments	L, A	15 minutes
The Lifeguarding Program	L	20 minutes
Science and Program Benchmarks	L, A	20 minutes
Get to Know the Lesson Plans	L, A	20 minutes
Conducting Skill Practice Sessions and Scenarios	L, A	40 minutes
Observing and Evaluating Skill Performance	L	10 minutes
Using Skill Assessment Tools	L, A	30 minutes
Reciprocal Practice	WSP	15 minutes
Multiple-Rescuer Response Scenarios	L, A	40 minutes
Practice-Teaching Assignment IV (scenarios assigned must include water rescue in the scenario)	A	1 hour
Conducting Review Courses	L	5 minutes
Red Cross Learning Center	L	15 minutes
Reporting Teaching Activity	L	10 minutes
Course Completion Certificates	L	5 minutes
Instructor Support	L	10 minutes
Instructor Exam	A	25 minutes
<b>Closing</b>	L	25 minutes
Crossover/Re-entry Bridge Course Total Time:	8 hours (Does not include the online Introduction to the American Red Cross Lifeguarding Instructor Course)	