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# GUIDELINES FOR CONDUCTING THE LIFEGUARDING INSTRUCTOR/INSTRUCTOR TRAINER REVIEW COURSE

Revised August 24, 2021

## Participants

To participate in the Lifeguarding Instructor/Instructor Trainer review course, the individual must possess and provide proof of a current (or expired no more than 1 year) American Red Cross Lifeguarding/First Aid/CPR/AED instructor or instructor trainer certificate (Instructors or instructor trainers whose certification was withdrawn for any reason are not eligible to participate in the instructor review course).

## Purpose

The Lifeguarding Instructor/Instructor Trainer review course is an abbreviated recertification course for currently certified (or expired no more than 1 year) 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 to earn certification.

## Prerequisites

- Possess a current (or expired no more than 1 year) American Red Cross Lifeguarding Instructor certification and/or
- Possess a current (or expired no more than 1 year) American Red Cross Lifeguarding Instructor Trainer certification

## Instruction

This course can be taught by a current American Red Cross Lifeguarding Instructor Trainer.

## Certification Requirements

To successfully complete the Lifeguarding Instructor/Instructor Trainer Review Course, instructors/instructor trainers must:

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

Note: An instructor trainer who is co-teaching with another instructor trainer must complete the practice and polish session and be evaluated for all skills and scenarios throughout the course. In cases where both instructor trainers wish to receive recertification for the review course, each must alternate skill practice and be evaluated by the other instructor trainer. (This may lengthen the time of the review course). It is intended that all instructors and instructor trainers receiving recertification participate in practice sessions and be evaluated by another instructor trainer. There is no challenge course for instructor trainers.

## Upon Successful Completion

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

## Lifeguarding Instructor/Instructor Trainer Review Course Outline

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

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

<i>Review Course Outline</i>		
Topic	Method	Time
Lifeguarding Program Review <ul style="list-style-type: none"> <li>■ Review courses and modules</li> <li>■ Requirements for lifeguard courses – prerequisites and completion requirements</li> <li>■ Instructor course prerequisites</li> </ul>	L	10 minutes
Lifeguarding Program Benchmarks	L/A	20 minutes
Benchmarks When Teaching Lifeguarding	L	10 minutes
Skills Practice, Skill Drills and Skill Polish Session – see skills below.	WA, WSP	5 hours
Reporting Teaching Activity	L	5 minutes
Course Completion Certificates	L	5 minutes
Instructor Resources	L	5 minutes
Instructor Trainer Resources	L	5 minutes
Administrative Updates – see the Red Cross Learning Center—Instructor Portal for most recent topics to include in this section: Lifeguarding Instructor/Instructor Trainer Review Course Administrative Updates.	L/A	1 hour
Instructor Review Course Written Exam	A	30 minutes
Review Course Total Time:		7 hours, 30 minutes

## **Skills Practice, Skill Drills and Skill Polish Session**

The purpose of the skill practice session is two-fold. The first is to practice, improve and polish skills to ensure instructors and instructor trainers can perform the skills as well as be able to recognize correct and incorrect skill performance. Second is to ensure consistency of Red Cross program skills and knowledge across the instructors and instructor trainers through feedback and evaluation from the instructor trainer. Instructor trainers should provide global reminders about each skill set and then conduct practice in a drill format, staggering the participants with all the instructors/instructor trainers participating. Instructor trainers must be in a position to see all participants, provide global and individual feedback, repeating skills as necessary to polish skill performance. This session is not meant to be conducted as a test but to polish skills and redirect as needed to ensure consistency with the current Red Cross Lifeguarding program.

Each candidate must demonstrate as a primary rescuer as well as an assisting rescuer at least once for the multiple-rescuer response scenarios.

To be successful, participants should be able to perform skills to the standard by the completion of the practice session. Participants may exit the water using a ladder if necessary.

There are no timed response requirements to successfully complete the Instructor/IT Review course. This includes the lifeguard station response time testing. Participants should practice the activity, but the timed results are not considered when passing participants.

# Skills Practice, Skill Drills and Skill Polish Session

	NAME OF INSTRUCTOR/IT CANDIDATES					
	1.	2.	3.	4.	5.	6.
Active victim front rescue with entry and approach						
Active victim rear rescue with entry and approach						
Passive victim front rescue with entry and approach						
Passive victim rear rescue with entry and approach						
Passive victim rescue in extreme shallow water						
Submerged victim in shallow water with entry and approach						
Submerged victim in deep water with entry, approach, extrication* and one-rescuer CPR for 3 minutes.						
Shallow water spinal, backboarding, and extrication*						
Shallow water spinal, backboarding, and extrication for high edges*						
Run and Swim Entry						
Walking Assist						
Beach Drag						
Spinal Moving Water – can simulate						
Spinal—Speed Slide – can simulate						
Two-rescuer CPR						
Multiple-Rescuer Response Scenario # (Select from scenarios 1–4)						
Multiple-Rescuer Response Scenario # (Select from scenarios 1–4)						
Multiple-Rescuer Response Scenario # 5						
Multiple-Rescuer Response Scenario # 6						
Recognition and Response Drills The instructor trainer will conduct at least two of each of these drills. <ul style="list-style-type: none"> <li>■ Lifeguard Station Response Time Testing Drill</li> <li>■ Ask Drill</li> <li>■ Live Action Recognition Drill</li> </ul>						

\* Candidates may exit the water using a ladder.