



Together, we can save a life

Fact Sheet

Health and Safety Services

Health and Safety Programs

COURSE: Lifeguarding (r.03) Instructor

Course Code: 3480I

Purpose To train instructor candidates to teach Lifeguard Training (including First Aid), CPR for the Professional Rescuer, Lifeguard Management, AED Essentials, Oxygen Administration for the Professional Rescuer, Preventing Disease Transmission, Community Water Safety and Basic Water Rescue. The training prepares instructor candidates by developing their understanding of how to use the course materials and methods, how to conduct training sessions and how to evaluate participants' progress.

Prerequisites

- Be at least 17 years of age by the last scheduled session of the instructor course;
- Possess a *Fundamentals of Instructor Training (FIT)* certificate issued in the last 12 months or have a current *Health and Safety Services Instructor Authorization (F5736 or C3005)*; and
- Pass each section of the precourse written exam with a score of 80 percent and demonstrate competency in the skills evaluation.

Learning Objectives

- Expand on information from the American Red Cross Fundamentals of Instructor Training (FIT) course to teach the Lifeguarding Program courses;
- Demonstrate the characteristics required of an American Red Cross representative and role model;
- Plan, organize and conduct the Lifeguarding Program courses.
- Ensure participants' health and safety during training;
- Monitor participants' practice and provide corrective feedback and encouragement;
- Teach courses in a manner that keeps participants engaged in the learning process;
- Demonstrate skills at an appropriate level of performance; and
- Maintain complete and accurate records and reports.

Length Approximately 27 hours

Instructor Currently authorized Lifeguarding (r.03) instructor trainer.

Certification Requirements

- Successfully complete the precourse session;
- Attend and participate during all course sessions;
- Successfully complete four practice-teaching assignments; and
- Pass the final instructor written exam with a score of 80 percent or better.

Certificate Issued and Validity Period Lifeguarding (r.03) Instructor —Authorization is for 2 calendar years. All authorizations expire on December 31st. Initial authorization may be more or less, depending on when training is completed.

Participant Materials

- *American Red Cross Lifeguarding Instructor's Manual with Update* (StayWell Stock No. 655728);
- *American Red Cross Lifeguard Training Participant's Manual* (StayWell Stock No. 655720); and
- *American Red Cross Lifeguard Management Participant's Kit* (StayWell Stock No. 654143).



American
Red Cross

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and Validity Period	year
Participant Materials	<i>American Red Cross Lifeguard Training Participant's Manual (Stock No. 655720); or American Red Cross Oxygen Administration Participant's Booklet (Stock No. 652056); or American Red Cross Emergency Response Textbook (Stock No. 656523)</i>