

## r.24 Lifeguarding Instructor Recertification Course Fact Sheet

### Course Purpose

The purpose of the American Red Cross r. 24 Lifeguarding Instructor Recertification course is to give instructors the opportunity to review the course knowledge and skills within a formal course setting to maintain their American Red Cross Lifeguarding Instructor certification. Successfully completing this course is the only method for maintaining certification as an American Red Cross Lifeguarding instructor.

Once expired by no longer than 2 years, candidates may take the Lifeguarding Instructor Crossover/Re-entry course. Expired candidates may participate in Lifeguarding Instructor course.

### Course Prerequisites

- Possess a current, or expired by no more than 1-year, American Red Cross Lifeguarding Instructor certification.
- Successfully complete the online session of the Lifeguarding Instructor Recertification course prior to the in-person session.

### Course Length

The Lifeguarding Instructor recertification course is delivered in a blended learning format, consisting of an online session (completed independently by the candidate) and in-person sessions (led by an American Red Cross–certified instructor trainer).

- The online sessions for the instructor recertification course takes approximately 6-8 hours to complete. Note: the online sessions include two courses:
  - Basic-level Lifeguarding blended learning online content
  - Lifeguarding Instructor Recertification blended learning online content.
- The instruction time for the in-person session is 6 hours, 30 minutes. The instruction time does not include time for breaks or transitions. When scheduling the in-person session, additional time must be added to accommodate breaks and transitions.

### Course Materials

Lifeguarding instructor recertification candidates should review the following r. 24 American Red Cross course materials prior to attending the Lifeguarding Instructor Recertification course:

- *Lifeguarding Instructor's Manual* (candidates should bring this manual, digital or print version, to the in-person session of the course).
- *Lifeguarding Instructor's Deck Book* (optional)
- *Lifeguarding Manual* (digital or print version)

## Successful Completion

To successfully complete the Lifeguarding Instructor Recertification course, the candidate must successfully:

- Complete the basic-level Lifeguarding Blended Learning course online session.
- Complete the Lifeguarding Instructor Recertification course online session.
- Attend the entire course and participate in the in-person session.
- Complete the skill practice and polish session, demonstrating skills to the standard.
  - Entries and approaches
  - Active rescues at the surface
  - Passive rescues at the surface
  - Passive submerged rescues in shallow, moderate-depth and deep water
  - Feet-first and head-first surface dives in deep water
  - Rapid extrication using a backboard
  - Putting on gloves with wet hands
  - Two-rescuer CPR with AED for an adult
  - Surveillance and rotation procedures
  - Spinal motion restriction and extrication in shallow water
  - Multiple-Rescuer Team Response Scenarios
- Conduct one teaching assignment as part of the skill practice and polish session.
- Pass the Lifeguarding Instructor Recertification Course written exam with a minimum score of 80 percent.

## Certification

Candidates who successfully complete the Lifeguarding Instructor Recertification course will be issued the following American Red Cross certificate: **Lifeguarding Instructor**, valid for 2 years.

To maintain the Lifeguarding Instructor certification, the instructor must successfully complete the Lifeguarding Instructor Recertification blended learning course within the 2-year certification period.

If the instructor certification is expired, the instructor is eligible to participate in the Lifeguarding Instructor Recertification course for up to, but no longer than, 1 year past the Lifeguarding instructor certification expiration date. This 1-year grace period applies only to achieving recertification. It does not extend the instructor certification and the instructor may not teach courses during this time.

## Instructor Trainer

To instruct the Lifeguarding Instructor Recertification course, the instructor trainer must hold a current American Red Cross Lifeguarding Instructor Trainer certification.

## Course Objectives:

After completing this Lifeguarding instructor recertification course, candidates will be able to:

- Understand the critical role instructors and instructor trainers have in ensuring that Red Cross–certified lifeguards have the knowledge and skills they need to be effective lifeguards.
- Identify key responsibilities of American Red Cross–certified Lifeguarding instructors and instructor trainers.
- Describe instructor actions that contribute to the quality, consistency and standardized delivery of courses in the American Red Cross Lifeguarding program.
- Demonstrate the following skills to instructor-level proficiency (demonstrate all of the skill steps as they are written, in the correct order, and in accordance with the proficiency criteria to meet the objectives of the skill):
  - Entries and approaches
  - Active rescues at the surface
  - Passive rescues at the surface
  - Passive submerged rescues in shallow, moderate-depth and deep water
  - Feet-first and head-first surface dives in deep water
  - Rapid extrication using a backboard
  - Putting on gloves with wet hands
  - Two-rescuer CPR with AED for an adult
  - Surveillance and rotation procedures
  - Spinal motion restriction and extrication in shallow water
- Demonstrate the ability to complete all critical actions; make decisions in a timely, sequential, safe and effective manner; and demonstrate skill competency in the role of **Rescuer** during Multiple-Rescuer Team Response Scenario 3—Adult Passive Submerged.
- Conduct an effective skill practice for one skill or category of skills.
- Describe how to set up, manage and report courses taught using the American Red Cross Learning Center.
- Identify and describe the business processes to use in administering courses.

## r. 24 Lifeguarding Instructor/Instructor Trainer Recertification Course Outline

### Lesson 1: Training Lifeguards

Topic	Location	Time
Introduction to the Lifeguarding Instructor/Instructor Trainer Recertification Course In-Person Session	Classroom	25 minutes
The American Red Cross Lifeguarding Program	Classroom	30 minutes
<b>Lesson 1 Total Instruction Time</b>		<b>55 minutes</b>

### Lesson 2: Practice and Polish

Topic	Location	Time
Practice and Polish Preparation	Classroom	20 minutes
Practice and Polish Session	Pool/Deck	3 hours, 45 minutes
<b>Total Instruction Time</b>		<b>4 hours, 5 minutes</b>

### Lesson 3: Administering Courses and Closing

Topic	Location	Time
Setting Up, Planning and Closing a Lifeguarding Course	Classroom	20 minutes
Red Cross Learning Center	Classroom	15 minutes
Frequently Asked Questions	Classroom	20 minutes
Instructor/Instructor Trainer Recertification Course Written Exam	Classroom	30 minutes
Closing	Classroom	5 minutes
<b>Total Instruction Time</b>		<b>1 hour, 30 minutes</b>
<b>TOTAL COURSE INSTRUCTION TIME (excluding break and transition times)</b>		<b>6 hours, 30 minutes</b>
<b>TOTAL TIME FOR MEALS, BREAKS, TRANSITIONS</b>		<b>TBD*</b>
<b>TOTAL COURSE TIME</b>		<b>TBD*</b>

\* Instructor Trainer will add time to the schedule for the course.