



Lifeguarding

Instructions for Completing the Lifeguarding Instructor Course

Thank you for registering for the American Red Cross Lifeguarding Instructor Course. The Instructor course is offered in a blended learning format with both an online session and a classroom component. Here is what you need to know to get started:

- Step 1: Meet the prerequisites and register for the Instructor course.
- Step 2: Complete the Instructor course online session and review the digital course materials.
- Step 3: Successfully complete the Lifeguarding Instructor precourse skill session.
- Step 4: Successfully complete the Lifeguarding Instructor Course.

Step 1: Meet the Prerequisites and Register for the Instructor Course

- Be at least 17 years old by the end of the course.
- Possess a current American Red Cross certificate for Lifeguarding/First Aid/CPR/AED.

Note: *Age, Lifeguarding certifications, and Certificate of Completion for the online Introduction to the Lifeguarding Instructor Course will be verified during the precourse session.*

Step 2: Complete the Instructor Course Online Session and Review the Digital Course Materials

The Lifeguarding Instructor Course online session is to be completed before the Lifeguarding Instructor Course in-person session. This online session consists of an orientation to the American Red Cross, an orientation to the Lifeguarding program and the Lifeguarding Instructor Course, and content on how to prepare for and teach the courses in this program. The online session takes approximately 2 hours to complete.

Lifeguarding instructor candidates should obtain and review the following course materials prior to completing the Lifeguarding Instructor Course online session:

- *Lifeguarding Instructor’s Manual* (print)
- *Lifeguarding Manual* (digital or print)
- Lifeguarding course presentation OR Lifeguarding DVD Set
- *Optional*: Purchase the American Red Cross Deluxe Lifeguarding Instructors Kit ([Red Cross Store item #161003](#)), which contains all training materials needed to teach the American Red Cross Lifeguarding course at 35% to 50% off the list price of individual components. The kit contains:
 - American Red Cross Instructor Backpack, 3-ring binder, rescue tube key chain, whistle with breakaway lanyard.
 - *Lifeguarding Manual, Lifeguarding Instructor's Manual*, Lifeguarding DVD Set.
 - Adult and Infant CPR Mask in Soft Case with Gloves and Wipe.
 - “American Red Cross Instructor” lapel pin & “Training Lifeguards since 1914” lapel pin.

Digital materials are available on the Instructor Candidate Resources page of the Red Cross Learning Center ([redcrosslearningcenter.org](#)). Print materials and DVDs are available for purchase by linking over from the Learning Center or at [redcross.org/store](#).

Step 3: Successfully Complete the Lifeguarding Instructor Precourse Skill Session

The precourse skills session will evaluate your Lifeguarding, first aid, CPR, and AED skills. If you do not demonstrate competency in the precourse skills session, you will not be able to continue in the Lifeguarding Instructor Course.

Step 4: Successfully Complete the Lifeguarding Instructor Course

To become certified as a Lifeguarding Instructor, you must:

- Successfully complete the online Introduction to the Lifeguarding Instructor Course.
- Successfully complete the precourse session.
- Attend and actively participate in all course sessions.
- Successfully complete all class activities, including the four practice-teaching assignments.
- Score at least 80 percent (20 correct answers out of 25 questions) on the Instructor course final written exam.

Upon successful completion of the First Aid/CPR/AED Instructor course, an American Red Cross First Aid/CPR/AED Instructor Certification will be added to your profile in the Learning Center; this Instructor certification will be valid for two years.

Prior to accessing instructor permissions in the Red Cross Learning Center and teaching American Red Cross courses, you must be affiliated with an American Red Cross Training Provider or be employed as a paid or volunteer instructor of the American Red Cross. This requirement is in addition to holding a current Instructor certification. If you are not already affiliated with a Training Provider and do not plan to teach as an American Red Cross paid or volunteer instructor, please ask your organization's administrator to request to affiliate you to the organization's Training Provider agreement.

If you have any questions or need assistance, contact the Red Cross Training Support Center at: 1-800-REDCROSS/1-800-733-2767 or support@redcrosstraining.org