

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 to enter the 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: Obtain and review course materials

You will need to obtain and review course materials from the Lifeguarding Instructor Candidates page of Instructor's Corner (<https://www.instructorscorner.org/s/candidate-lifeguarding>) or purchase print materials from the Red Cross Store (www.redcrossstore.org). You will need to review the following materials for your class:

- *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

Step 3: Complete the online Introduction to the Lifeguarding Instructor course prior to attending the first in-person session.

- Follow the link provided by your instructor trainer to register for the Lifeguarding Instructor class.
- From the "Registration Confirmation" page, click "Launch Content" under the "Order Items" section. Note: if your browser prompts you with a question about secure content, answer it in a way that allows you to see all material. If at any time while completing the online content you receive a time out warning, click "OK" and continue the class.
- Upon completion of the online content, save a copy of the completion record before exiting the course. Print this completion record or email it to your instructor trainer prior to the first in-person class session.

Step 4: 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 5: 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.

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