

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)