

r.24 Lifeguarding Instructor Course Fact Sheet

Course Purpose

The purpose of the American Red Cross r. 24 Lifeguarding Instructor course is to train instructor candidates to teach the basic-level courses in the American Red Cross Lifeguarding program.

Course Prerequisites

- Be at least 17 years old on or before the final scheduled session of the Lifeguarding Instructor course.
- Possess a current basic-level certification in American Red Cross Lifeguarding (Including Deep Water) with CPR/AED for Professional Rescuers and First Aid. (Note: r.17 Lifeguarding certification accepted)
- Obtain instructor and participant course materials before starting the course.
- Successfully complete the online session of the Lifeguarding Instructor course prior to the precourse session.
- Successfully complete the prerequisite skill assessment scenario to continue in the course. The prerequisite skill assessment scenario evaluates the following skills:
 - Entry
 - Swimming approach
 - Surface dive in deep water (7 to 10 feet)
 - Passive submerged rescue
 - Rapid extrication (with an assisting rescuer)
 - Rapid assessment
 - Single-rescuer CPR (3 minutes)

Course Length

The Lifeguarding Instructor 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 session for the instructor course takes approximately 2 hours to complete.
- The instruction time for the in-person sessions, including the precourse session, is 16 hours. The instruction time does not include time for breaks or transitions. When scheduling the in-person sessions, additional time must be added to accommodate breaks and transitions.