

Thank you for your continued support of the American Red Cross Lifeguarding program! As we receive questions about the Lifeguarding program, this document will be updated. Please continue to check Instructor's Corner for updates.

Timelines and Updates

Q. What is the deadline for instructors and instructor trainers to complete the Online Lifeguarding Instructor/Instructor Trainer update to the Lifeguarding Program?

A. July 31, 2017 is the last day for instructors and ITs to update their certifications by completing the Lifeguarding Instructor/Instructor Trainer Update for free. The update will be available through December 31, 2017 with a late registration fee.

Q. What is the last date to teach courses in the previous (r.2012) Lifeguarding program?

A. Basic-Level classes may be taught through July 31, 2017. Instructor-Level classes in the r.2012 program are no longer available.

Q. What is the last date to complete the in-person Lifeguarding Instructor/Instructor Trainer Review course?

A. Instructors and Instructor Trainers who complete the update on or before July 31, 2017 have **one year** from their online update completion date to complete the in-person Lifeguarding Instructor/IT Review course. Instructors who complete the online update on or after August 1, 2017 (with late registration fee) must complete the Lifeguarding Instructor/Instructor Trainer Review course by July 31, 2017.

Q. When will the 2017 Blended Learning program release?

A. The 2017 Lifeguarding Blended Learning program will release on April 30, 2017.

Maintaining a Lifeguarding Instructor and/or Instructor Trainer Certification

Q. How can Lifeguarding Instructors maintain their instructor certification?

A. To maintain certification as a Lifeguarding Instructor, instructors must:

- Complete all course updates prior to the update deadline.
- Teach or co-teach at least one of the following core courses of record during the 2-year certification period:
 - Lifeguarding
 - Shallow Water Lifeguarding
- Successfully complete an in-person Lifeguarding Instructor/Instructor Trainer Review course prior to instructor certification expiration date.

Q. How can Lifeguarding Instructor Trainers maintain their instructor trainer certification?

- A. To maintain certification as a Lifeguarding Instructor Trainer, ITs must:
- Complete all course updates prior to the update deadline.
 - Meet **one of the following** minimum teaching requirements during the 2-year certification period:
 - Teach at least **one** Lifeguarding Instructor courses of record
 - Teach at least **two** Lifeguarding Instructor/Instructor Trainer Review course.
 - Successfully complete an in-person Lifeguarding Instructor/Instructor Trainer Review course prior to instructor certification expiration date.

Q. Are Lifeguarding Instructors or Instructor Trainers required to maintain a basic-level certification?

- A. No, Lifeguarding Instructor's and Instructor Trainers are not required to maintain a basic-level Lifeguarding/First Aid/CPR/AED certification to maintain their Instructor and/or Instructor Trainer certification, however, Instructors/ITs who wish to work or volunteer as a Lifeguard must maintain a basic-level Lifeguarding/First Aid/CPR/AED certification. The Lifeguarding Instructor/IT certifications are not equivalent to a basic-level certification. Individuals without a basic-level certification are not recognized as certified lifeguards.

Lifeguarding Instructor/Instructor Trainer Review Course

Q. How long is the Lifeguarding Instructor/Instructor Trainer Review course?

- A. The Lifeguarding Instructor/Instructor Trainer Review course is approximately 7 hours and 30 minutes, not including the optional basic-level test out session for Instructors/ITs who wish to gain a basic-level certification.

Q. Who is certified to teach the Lifeguarding Instructor/Instructor Trainer Review course?

- A. Current Lifeguarding Instructor Trainers and Waterfront Lifeguarding Instructor Trainers in good standing (and affiliated with a Red Cross Authorized Provider or Licensed Training Provider) may teach the Lifeguarding Instructor/Instructor Trainer Review course after successfully completing the r.2017 online update and self-orientation to the Lifeguarding Instructor Trainer's Guide.

Q. How can Instructor Trainers submit course records after teaching the Lifeguarding Instructor/Instructor Trainer Review course?

- A. Instructor Trainers should submit an electronic course record (visit redcross.org/courserecords) for the Lifeguarding Instructor/Instructor Trainer Review course (HSSAQU856). There is no fee for this course, but the course record should be submitted in the "courses with fees" section to allow Instructor Trainers to enter participant names in the course record. Instructor Trainers should use the name and email address associated with each participant's Learning Center profile (the participant's SABA instructor/IT profile) to ensure that each participant receives credit for completing the course.

Q. What content/skills are covered in the Lifeguarding Instructor/Instructor Trainer Review course?

A. The Lifeguarding Instructor/Instructor Trainer Review course includes:

- Lifeguarding Program Review
- Administrative Updates/Information
- Written Exam
- Skill Practice and Polish Session including in-water skills, drills and Multiple-Rescuer Response scenarios

See the Lifeguarding Instructor/Instructor Trainer Review course outline in the Lifeguarding Instructor Trainer Guide for additional details.

Q. Are Instructors/Instructor Trainers required to successfully complete the passive, submerged victim scenario in 1 minute, 30 seconds as a part of the Instructor/Instructor Trainer Review Course?

A. No. Instructors and Instructor Trainers will participate in all course activities including the lifeguard recognition and response drills but are not required to successfully complete the scenario in 1 minute, 30 seconds. Instructors/ITs wishing to earn a basic-level LG certification must complete all timed final skills scenarios.

Q. What happens if an instructor or instructor trainer fails the Lifeguarding Instructor/Instructor Trainer Review course or is unable to successfully complete the Lifeguarding Instructor/Instructor Trainer Review course prior to their certification expiration date?

A. Lifeguarding instructors and instructor trainers who do not successfully complete the Lifeguarding Instructor/Instructor Trainer are permitted to re-take the Lifeguarding Instructor/Instructor Trainer Review course as many times as needed until their instructor or instructor trainer certification expires. If an instructor or instructor trainer is unable to successfully complete the Lifeguarding Instructor/Instructor Trainer Review course before their certification expires, their instructor/instructor trainer certification will expire. Lifeguarding Instructors with an expired certification may participate in a Lifeguarding Instructor Crossover/Re-Entry Bridge OR a Lifeguarding Instructor course to gain a new lifeguarding instructor certification. There is no Crossover/Re-Entry Bridge option for lifeguarding instructor trainers.

Q. Are Instructors/Instructor Trainers required to complete the Lifeguarding pre-course session during the Lifeguarding Instructor/Instructor Trainer Review course?

A. Lifeguarding Instructors/Instructor Trainers are not required to complete the pre-course session, unless they chose to attend the optional test out session to earn a basic-level certification.

Q. How can a Lifeguarding Instructor/Instructor Trainer earn a basic-level certification/what is included in the optional test out session after the Lifeguarding Instructor/Instructor Trainer Review course?

- A. Lifeguarding Instructors/Instructor Trainers who wish to gain a basic-level certification may participate in an optional test out session at the conclusion of the Lifeguarding Instructor/Instructor Trainer Review course. The test out session includes:
- The Lifeguarding pre-course skills session (300-yard swim, tread water and timed event)
 - The Lifeguarding course final skill scenarios:
 - Timed passive, submerged victim rescue with extrication, primary assessment followed by 3-minutes of one-rescuer CPR.
 - Multiple-Rescuer Response Scenario #3 (timed scenario)
 - The Lifeguarding course final written exams:
 - Exam 1: CPR/AED for Professional Rescuers and First Aid
 - Exam 2: Lifeguarding Skills

Q. Who can take the basic-level test out at the conclusion of the Lifeguarding Instructor/Instructor Trainer Review course?

- A. Current Lifeguarding Instructors and/or Instructor Trainers in good standing may take the basic-level test out at the conclusion of the Lifeguarding Instructor/Instructor Trainer Review course. **Participants are not required** to have a current basic-level certification.

Q. Can a Lifeguarding Instructor who is not an Instructor Trainer teach/conduct the Lifeguarding Instructor/Instructor Trainer Review course and/or the basic-level test out?

- A. No. Only Lifeguarding Instructor Trainers or Waterfront Lifeguarding Instructor Trainers may teach the Lifeguarding Instructor/Instructor Trainer Review course and/or conduct the optional basic-level test out.

Q. Can new Lifeguarding instructors or those who have not completed the Lifeguarding Instructor/Instructor Trainer Review course participate in the basic-level test out?

- A. No. The basic-level test out is not available as a stand-alone course. Instructor trainers may only conduct a basic-level test out immediately following a Lifeguarding Instructor/Instructor Trainer Review course.

Q. How do Lifeguarding Instructors/Instructor Trainers submit course records and obtain certificates for the basic-level test out at the conclusion of the Lifeguarding Instructor/Instructor Trainer Review course?

- A. Instructor Trainers should submit a **separate** electronic course record (redcross.org/courserecords) for the basic-level test out at the conclusion of the Lifeguarding Instructor/instructor Trainer Review course.
- **Course name:** Lifeguarding Basic-Level Test for Lifeguarding Instructors
 - **Course code:** HSSAQU451
 - **Support Fee:** \$35.00
 - **Certificate:** Lifeguarding/First Aid/CPR/AED, valid for 2 years

Q. Is there a basic-level test out option for waterfront and/or waterpark skills?

- A. No. The basic-level test out results in a Lifeguarding/First Aid/CPR/AED certification. Lifeguarding instructors/instructor trainers who wish to gain a waterfront or waterpark skills certification may complete the waterfront or waterpark skills module (full or review course).

Program Content and Science

Q. When performing a primary assessment on a victim who is not breathing as the result of a drowning, how many ventilations/ventilation attempts are recommended?

- A. The goal is to give victims who are not breathing as the result of a drowning **two successful ventilations** during the primary assessment. If the victim's chest does not clearly rise during one of the first two ventilation attempts, re-tilt the victims head and re-attempt a ventilation.
- If the 2nd attempt results in a successful ventilation (the chest clearly rises), give one more ventilation for **a total of two successful ventilations** and three ventilation attempts.
 - If the 2nd attempt **does not** result in a successful ventilation (the chest does not clearly rise), immediately begin CPR. Do not delay CPR by attempting to give additional ventilations.

Q. Can lifeguarding classes be conducted in pools with a maximum depth of 6 feet?

- A. While many of the skills in the lifeguarding program are practiced in shallow water, deep water is required for practicing and evaluating skills such as submerged victim rescues in deep water. The ideal water depth for practicing and evaluating the submerged victim rescue (in deep water) is 9-10 feet. For the submerged passive victim rescue in deep water, this gives participants the opportunity to successfully complete the rescue, experience "climbing up the tube" and position the rescue tube under the victim just prior to surfacing. The minimum water depth required to teach or evaluate this skill is 7 feet. More than one facility can be used to accommodate the activities in the lifeguarding course.

Q. Do you have any additional tips or tricks for teaching the Extrication Using a Backboard at the Pool Edge technique?

- A. Yes. When teaching and practicing the Extrication Using a Backboard at the Pool Edge technique, lifeguards should ensure that the victim is centered on the backboard, and level the board (the assisting lifeguard on deck should push the "head end" of the board down while the rescuing lifeguard in the water pushes the "foot end" of the board up). Communication is critical during this skill; both rescuers should communicate throughout the process and use verbal queues before attempting to remove the victim and backboard from the water such as (Ready, set, level; Ready, set, remove, etc.). Using the leverage of the board and placing the board in a horizontal position (as horizontal as possible based on the facility design) will allow the backboard to support more of the victim's weight. The assisting lifeguard on deck should not attempt to pull the victim out vertically. Trying to lift the board and or victim vertically without leveling the board may cause difficulties such as strain on the arm or shoulder and inability to lift the victim.

During skill practice, participants should practice skills with different "victims" to gain experience rescuing and extricating different types of victims. When conducting the final skill scenarios, it would be fair and appropriate for lifeguarding instructors to allow participants to rescue a "victim" of a similar size.

- Q. My facility has facility-specific protocols (such as requiring in-water ventilations for passive victim rescues or at least two assisting lifeguards respond to assist with extrication). Can I incorporate these into the lifeguarding class?**
- A. While many facilities have facility-specific protocols, when teaching American Red Cross courses, instructors must teach the class as it is designed and outlined in the *Instructor's Manual* without modifying skill steps. After participants successfully complete the American Red Cross lifeguarding class, instructors or facility managers may introduce facility-specific protocols.

Precourse Session

- Q. Can participants wear goggles during the pre-course session or during the course?**
- A. Goggles may only be worn during the precourse distance swim. Participants, including individuals with prescription goggles, may not wear goggles during other course activities including but not limited to the precourse timed event and submerged victim rescues

Instructor Trainer Information

- Q. How can I request a copy of the Lifeguarding Instructor Trainer's Guide?**
- A. The *Lifeguarding Instructor Trainer's Guide* is available on the new Instructor's Corner (instructorscorner2.org).
- Q. How can I apply to become an Instructor Trainer or request to host an instructor trainer academy?**
- A. Visit Instructor's Corner and click the "Instructor Lifecycle" tab, then click "IT Candidate" to review instructor trainer qualifications, apply to become an instructor trainer or apply to host an instructor trainer academy.
- Q. When conducting the Lifeguarding Instructor course for instructor candidates trained in the r.2012 Lifeguarding program, can instructor trainers test instructor candidates on the r.2012 skills during the precourse session?**
- A. No. Lifeguarding Instructor candidates must perform the new skills, as outlined in the Lifeguarding Instructor Trainer's Guide. The 2012 skills should no longer be included in the Lifeguarding Instructor course. If lifeguards are not familiar with the new skills (i.e. if they were trained in the 2012 program and have not reviewed or participated in in-service training to learn the new skills) instructor trainers may use the practice and polish skills checklist in Section C of the Lifeguarding Instructor Trainer Guide or the Lifeguarding Review course outline to orient lifeguarding instructor candidates to the skills in the 2017 program prior to the candidate participating in the instructor course.

Q. Can a Lifeguarding Instructor trained in the r.2017 program teach r.2012 classes?

A. No. Lifeguarding Instructors trained in the r.2017 program are only certified to teach r.2017 classes.

Lifeguarding Instructor Crossover/Re-Entry Bridge

Q. Why is the age requirement 19 for the Lifeguarding Instructor Crossover/Re-Entry Bridge? Are there any exceptions?

A. Since the age requirement for the Lifeguarding Instructor course is 17 years old and the Lifeguarding Instructor certification is valid for two years, the age requirement for an instructor to re-enter by completing the Lifeguarding Instructor Crossover/Re-Entry Bridge is 19 years old. Lifeguarding Instructor Trainers may allow instructor candidates who are at least 17 years old with a current certification from an approved training agency to participate in the Crossover/Re-Entry Bridge.

LTP Classes on Redcross.org (RCO)

Q. Can LTPs approved to post open enrollment classes on RCO may post the r.2017 and r.2012 lifeguarding classes on redcross.org?

A. Yes. LTPs approved to post classes on redcross.org may post both the r.2017 and r.2012 lifeguarding courses on RCO. Version r.2012 classes will be available through July 31, 2017. When posting classes, please select the appropriate version (r.2017 or r.2012) based on the course you plan to teach.

Q. I am affiliated with a Red Cross LTP. How can I request to post my organization's classes on RCO?

A. Visit www.arcphss.org/LTPonRCO to apply to post classes on RCO.