

r. 24 Lifeguarding Instructor Crossover/Re-entry Course Outline

Lesson 1: Training Lifeguards

Topic	Location	Time
Introduction to the Lifeguarding Instructor Crossover/Re-Entry Course In-Person Session	Classroom	15 minutes
Teaching Activities and Assignments	Classroom	10 minutes
Training Foundations	Classroom	10 minutes
About the Science	Classroom	10 minutes
Lifeguarding Course Flow and Lesson Objectives	Classroom	20 minutes
How to Use the Lesson Plans and Program Materials	Classroom	25 minutes
Helping Participants Learn and Practice Skills	Classroom	10 minutes
<video> Observing and Evaluating Skills and Giving Feedback	Classroom	25 minutes
Total Instruction Time		2 hours, 5 minutes

Lesson 2: Teaching Activities

Reciprocal Practice: Conducting and Evaluating Skill Practices—Land	Classroom	45 minutes
Practice Teaching Preparation	Classroom	10 minutes
Practice Teaching Assignment I	Classroom Pool/Deck	2 hours, 15 minutes
Total Instruction Time		3 hours, 10 minutes

Lesson 3: Administering Courses and Closing

Preparing for a Lifeguarding Course	Classroom	40 minutes
-------------------------------------	-----------	------------

<video> Teaching Lifeguarding Courses	Classroom	45 minutes
Eligibility to Teach Courses	Classroom	10 minutes
Next Steps as an Instructor	Classroom	5 minutes
Red Cross Learning Center	Classroom	30 minutes
Training Provider Course and Price List	Classroom	10 minutes
Maintaining Your Instructor Certification	Classroom	8 minutes
Becoming an Instructor Trainer	Classroom	2 minutes
Instructor Course Written Exam	Classroom	30 minutes
Closing	Classroom	5 minutes
Total Instruction Time		3 hours, 5 minutes
TOTAL COURSE INSTRUCTION TIME (excluding break and transition times)		8 hours, 20 minutes
TOTAL TIME FOR MEALS, BREAKS, TRANSITIONS		
TOTAL COURSE TIME		