

## r. 24 Lifeguarding Instructor/Instructor Trainer Recertification Course Outline

### Lesson 1: Training Lifeguards

Topic	Location	Time
Introduction to the Lifeguarding Instructor/Instructor Trainer Recertification Course In-Person Session	Classroom	25 minutes
The American Red Cross Lifeguarding Program	Classroom	30 minutes
<b>Lesson 1 Total Instruction Time</b>		<b>55 minutes</b>

### Lesson 2: Practice and Polish

Topic	Location	Time
Practice and Polish Preparation	Classroom	20 minutes
Practice and Polish Session	Pool/Deck	3 hours, 45 minutes
<b>Total Instruction Time</b>		<b>4 hours, 5 minutes</b>

### Lesson 3: Administering Courses and Closing

Topic	Location	Time
Setting Up, Planning and Closing a Lifeguarding Course	Classroom	20 minutes
Red Cross Learning Center	Classroom	15 minutes
Frequently Asked Questions	Classroom	20 minutes
Instructor/Instructor Trainer Recertification Course Written Exam	Classroom	30 minutes
Closing	Classroom	5 minutes
<b>Total Instruction Time</b>		<b>1 hour, 30 minutes</b>
<b>TOTAL COURSE INSTRUCTION TIME (excluding break and transition times)</b>		<b>6 hours, 30 minutes</b>
<b>TOTAL TIME FOR MEALS, BREAKS, TRANSITIONS</b>		<b>TBD*</b>
<b>TOTAL COURSE TIME</b>		<b>TBD*</b>

\* Instructor Trainer will add time to the schedule for the course.