

# American Red Cross Lifeguard Instructor Training Review

The purpose of the American Red Cross Lifeguard Instructor Review course is to review course material with instructors.

The purpose of the American Red Cross Lifeguard Instructor/Instructor Trainer review course is an abbreviated recertification course for currently certified (or expired no more than 1 year) instructors and instructor trainers. The purpose of the course is to allow participants to review the course content and practice skills in a formal class setting and complete the final written exam to earn certification.

This course includes the following certifications: American Red Cross Lifeguard Instructor Certification (valid for 2 years). Course fee includes a current copy of the American Red Cross Lifeguard Instructor Manual. This course is approximately 7.5 hours in length.

## **To participate in the course you must meet the following prerequisites:**

- Must be 17 years old by the last day of class.
- Possesses a current (or expired no more than 1 year) American Red Cross Lifeguarding Instructor certification and/or possess a current (or expired no more than 1 year) American Red Cross Lifeguarding Instructor Trainer certification.

**The pre-course skills session** is designed to evaluate instructor candidates' lifeguarding, CPR, and AED skills. Instructor candidates must successfully demonstrate competency in the recourse skills session. Instructor candidates who do not demonstrate competency in the review skill session will not pass the review course.

**Course work will include physical exercise.** If a medical condition or disability exists that might prevent participation in the activities, or there are questions about fully participating in the Lifeguard Instructor Course, please contact the facility to discuss this with an instructor before the course begins.