

The course times listed below represent the minimum time required to cover all course content and conduct activities. Course times do not include breaks. When scheduling courses, please allow sufficient time for breaks and changing between in-water and classroom activities.

When posting courses on the LTP on RCO platform, please ensure that your course **meets or exceeds** the minimum course time listed below. Courses that do not meet or exceed the minimum time will not be approved for posting on RCO. Blended learning courses must meet or exceed the course times listed in the “In-Person Course Time” column.

Course Code	Course Name	Instructor Led	Blended Learning	
		Course Time (HH:MM)	Online Course Time (HH:MM)	In-Person Course Time (HH:MM)
HSSAQU402	Lifeguarding	28:35	7:00	19:55
HSSAQU402R	Lifeguarding Review	9:40	n/a	n/a
HSSAQU401	Shallow Water Lifeguarding	26:25	7:00	19:35
HSSAQU401R	Shallow Water Lifeguarding Review	8:40	n/a	n/a
HSSAQU351	Aquatic Attraction Lifeguarding	26:00	n/a	n/a
HSSAQU351R	Aquatic Attraction Lifeguarding Review	8:40	n/a	n/a
HSSAQU407	Lifeguarding and Bloodborne Pathogens Training	29:35	7:00	20:45
HSSAQU407R	Lifeguarding and Bloodborne Pathogens Training Review	10:40	n/a	n/a
HSSAQU408	Lifeguarding and Emergency Oxygen	29:40	7:00	20:50
HSSAQU408R	Lifeguarding and Emergency Oxygen Review	10:45	n/a	n/a
HSSAQU409	Lifeguarding and Waterpark Skills	32:20	7:00	23:30
HSSAQU409R	Lifeguarding and Waterpark Skills Review	12:30	n/a	n/a
HSSAQU410	Lifeguarding and Waterfront Skills	34:20	7:00	25:30
HSSAQU410R	Lifeguarding and Waterfront Skills Review	14:05	n/a	n/a
HSSAQU411	Lifeguarding, Waterpark and Bloodborne Pathogens	33:20	7:00	24:30
HSSAQU411R	Lifeguarding, Waterpark and BBP	13:30	n/a	n/a
HSSAQU412	Lifeguarding, Waterfront and Bloodborne Pathogens	35:20	7:00	26:30
HSSAQU412R	Lifeguarding, Waterfront and BBP Review	15:05	n/a	n/a
HSSAQU414	Lifeguarding, Waterpark and Emergency Oxygen	33:25	7:00	24:35
HSSAQU414R	Lifeguarding, Waterpark and Emergency Oxygen Review	13:35	n/a	n/a
HSSAQU415	Lifeguarding, Waterfront and Emergency Oxygen	35:25	7:00	26:35
HSSAQU415R	Lifeguarding, Waterfront and Emergency Oxygen Review	15:10	n/a	n/a
HSSAQU416	Shallow Water Lifeguarding & Bloodborne Pathogens	27:25	7:00	20:35
HSSAQU416R	Shallow Water Lifeguarding and BBP	9:40	n/a	n/a
HSSAQU417	Shallow Water Lifeguarding & Emergency Oxygen	27:30	7:00	20:40
HSSAQU417R	Shallow Water Lifeguarding and O2 Review	9:45	n/a	n/a
HSSAQU418	Shallow Water Lifeguarding & Waterpark Skills	30:10	7:00	23:20

Course Code	Course Name	Instructor Led	Blended Learning	
		Course Time (HH:MM)	Online Course Time (HH:MM)	In-Person Course Time (HH:MM)
HSSAQU418R	Shallow Water Lifeguarding and Waterpark Skills Review	11:30	n/a	n/a
HSSAQU419	Shallow Water Lifeguarding, Waterpark & BBO	31:10	7:00	24:20
HSSAQU419R	Shallow Water Lifeguarding, Waterpark and BBP	12:30	n/a	n/a
HSSAQU420	Shallow Water Lifeguarding, Waterpark & O2	31:15	7:00	24:25
HSSAQU420R	Shallow Water Lifeguarding, Waterpark and O2 Review	12:35	n/a	n/a
HSSAQU421	Lifeguarding with Bundle 1	32:25	7:00	23:35
HSSAQU421R	Lifeguarding with Bundle 1 Review	13:30	n/a	n/a
HSSAQU422	Lifeguarding with Bundle 2	30:40	7:00	21:50
HSSAQU422R	Lifeguarding with Bundle 2 Review	11:45	n/a	n/a
HSSAQU423	Lifeguarding with Bundle 3	31:20	7:00	22:30
HSSAQU423R	Lifeguarding with Bundle 3 Review	12:25	n/a	n/a
HSSAQU424	Lifeguarding with Bundle 4	31:25	7:00	22:35
HSSAQU424R	Lifeguarding with Bundle 4 Review	12:30	n/a	n/a
HSSAQU425	Lifeguarding for CA with Bundle 5	44:55	n/a	n/a
HSSAQU425R	Lifeguarding for CA with Bundle 5 Review	22:30	n/a	n/a
HSSAQU426	Lifeguarding, Waterpark with Bundle 1	36:10	7:00	27:20
HSSAQU426R	Lifeguarding, Waterpark with Bundle 1 Review	16:20	n/a	n/a
HSSAQU427	Lifeguarding, Waterpark with Bundle 2	34:25	7:00	25:35
HSSAQU427R	Lifeguarding, Waterpark with Bundle 2 Review	14:35	n/a	n/a
HSSAQU428	Lifeguarding, Waterpark with Bundle 3	35:10	7:00	26:20
HSSAQU428R	Lifeguarding, Waterpark with Bundle 3 Review	15:20	n/a	n/a
HSSAQU429	Lifeguarding, Waterpark with Bundle 4	35:10	7:00	26:20
HSSAQU429R	Lifeguarding, Waterpark with Bundle 4 Review	15:20	n/a	n/a
HSSAQU430	Lifeguarding for CA, Waterpark with Bundle 5	48:40	n/a	n/a
HSSAQU430R	Lifeguarding for CA, Waterpark with Bundle 5 Review	25:20	n/a	n/a
HSSAQU431	Lifeguarding, Waterfront with Bundle 1	38:10	7:00	29:20
HSSAQU431R	Lifeguarding, Waterfront with Bundle 1 Review	17:55	n/a	n/a
HSSAQU432	Lifeguarding, Waterfront with Bundle 2	36:25	7:00	27:35
HSSAQU432R	Lifeguarding, Waterfront with Bundle 2 Review	16:10	n/a	n/a
HSSAQU433	Lifeguarding, Waterfront with Bundle 3	37:10	7:00	28:20
HSSAQU433R	Lifeguarding, Waterfront with Bundle 3 Review	16:55	n/a	n/a
HSSAQU434	Lifeguarding, Waterfront with Bundle 4	37:10	7:00	28:20
HSSAQU434R	Lifeguarding, Waterfront with Bundle 4 Review	16:55	n/a	n/a
HSSAQU435	Lifeguarding, Waterfront for CA with Bundle 5	50:40	n/a	n/a
HSSAQU435R	Lifeguarding, Waterfront for CA with Bundle 5 Review	26:55	n/a	n/a
HSSAQU436	Shallow Water Lifeguarding with Bundle 1	30:15	7:00	23:25
HSSAQU436R	Shallow Water Lifeguarding with Bundle 1 Review	12:30	n/a	n/a
HSSAQU437	Shallow Water Lifeguarding with Bundle 2	28:30	7:00	21:40
HSSAQU437R	Shallow Water Lifeguarding with Bundle 2 Review	10:45	n/a	n/a
HSSAQU438	Shallow Water Lifeguarding with Bundle 3	29:15	7:00	22:25

Course Code	Course Name	Instructor Led	Blended Learning	
		Course Time (HH:MM)	Online Course Time (HH:MM)	In-Person Course Time (HH:MM)
HSSAQU438R	Shallow Water Lifeguarding with Bundle 3 Review	11:30	n/a	n/a
HSSAQU439	Shallow Water Lifeguarding with Bundle 4	29:15	7:00	22:25
HSSAQU439R	Shallow Water Lifeguarding with Bundle 4 Review	11:30	n/a	n/a
HSSAQU440	Shallow Water Lifeguarding for CA with Bundle 5	42:45	n/a	n/a
HSSAQU440R	Shallow Water Lifeguarding for CA with Bundle 5 Review	21:30	n/a	n/a
HSSAQU441	Shallow Water Lifeguarding, Waterpark with Bundle 1	34:00	7:00	27:10
HSSAQU441R	Shallow Water Lifeguarding, Waterpark Bundle 1 Review	15:20	n/a	n/a
HSSAQU442	Shallow Water Lifeguarding & Waterpark with Bundle 2	32:15	7:00	25:25
HSSAQU442R	Shallow Water Lifeguarding, Waterpark Bundle 2 Review	13:35	n/a	n/a
HSSAQU443	Shallow Water Lifeguarding, Waterpark with Bundle 3	33:00	7:00	26:10
HSSAQU443R	Shallow Water Lifeguarding, Waterpark Bundle 3 Review	14:20	n/a	n/a
HSSAQU444	Shallow Water Lifeguarding, Waterpark with Bundle 4	33:00	7:00	26:10
HSSAQU444R	Shallow Water Lifeguarding, Waterpark Bundle 4 Review	14:20	n/a	n/a
HSSAQU445	Shallow Water Lifeguarding for CA, Waterpark Bundle 5	46:30	n/a	n/a
HSSAQU445R	Shallow Water Lifeguarding for CA, Waterpark Bundle 5 Review	24:20	n/a	n/a
HSSAQU446	Lifeguarding, Waterfront, Waterpark & BBP	39:05	7:00	30:15
HSSAQU446R	Lifeguarding, Waterfront, Waterpark & BBP Review	17:55	n/a	n/a
HSSAQU447	Lifeguarding, Waterfront, Waterpark & O2	39:10	7:00	30:20
HSSAQU447R	Lifeguarding, Waterfront, Waterpark & O2 Review	18:00	n/a	n/a
HSSAQU448	Lifeguarding, Waterfront, Waterpark, O2 & BBP	40:10	7:00	31:20
HSSAQU448R	Lifeguarding, Waterfront, Waterpark, O2 & BBP Review	19:00	n/a	n/a
HSSAQU449	Lifeguarding, Waterfront, Waterpark, with Bundle 1	41:55	7:00	33:05
HSSAQU803	Lifeguarding Instructor	n/a	2:00	21:05
HSSAQU804	Lifeguarding Instructor Crossover/Re-Entry	n/a	2:00	8:00
HSSAQU856	Lifeguarding Instructor/Instructor Trainer Review	7:30	n/a	n/a

American Red Cross Lifeguarding Bundle Descriptions	
Bundle 1	<ul style="list-style-type: none"> • Bloodborne Pathogens Training • Administering Emergency Oxygen • Asthma Inhaler Training • Epinephrine Auto Injector
Bundle 2	<ul style="list-style-type: none"> • Bloodborne Pathogens Training • Administering Emergency Oxygen
Bundle 3	<ul style="list-style-type: none"> • Bloodborne Pathogens Training • Administering Emergency Oxygen • Epinephrine Auto Injector
Bundle 4	<ul style="list-style-type: none"> • Administering Emergency Oxygen • Asthma Inhaler Training • Epinephrine Auto Injector
Bundle 5	<ul style="list-style-type: none"> • Bloodborne Pathogens Training • Administering Emergency Oxygen • Asthma Inhaler Training • Epinephrine Auto Injector • First Aid for Public Safety Personnel (Title 22)