



STREAMLINE

HEALTH SERVICES

STREAMLINE HEALTH TRAINING FORMS

Revised March 2024

LIFEGUARD INSTRUCTOR TRAINING FORMS v. 2024

Welcome to Streamline Health Services Lifeguard Instructor certification program! Lifeguard Instructor is a blended learning course, with online and classroom components. American Red Cross requires all Lifeguard Instructor participants to complete the Red Cross Lifeguard Instructor online course prior to the first-class date. **Please print and read the information below carefully.** Should you have any questions, please feel free to contact us. Thank you!

PRE-COURSE WORK | Complete Before First Class Date

Red Cross Lifeguard Instructor course has required pre-course work and must be completed prior to the first-class date. Please follow directions carefully:

PRINT AND REVIEW | Streamline Health Training Forms

Print and review the Lifeguard Instructor training forms prior to taking the Red Cross online course. While taking the Red Cross online course, you will learn many answers to the exam study guide questions located on page two of this document. Bring a printed copy of the Lifeguard Instructor training forms to class.

COMPLETE RED CROSS ONLINE COURSE | Complete Online Course Before First Class Date

Red Cross requires participants to complete the 2-hour lifeguard instructor online course, prior to the first-class date. You will receive an email from Red Cross, with a course link and directions on how to complete the online course. If you cannot find the Red Cross email, search the following address, and check your junk folder (rclcsfdevteam@redcross.org). If the Red Cross online course is not in constant use, the program may time out and course work lost. Be sure to log out when taking breaks and screen shot each section you complete.

WHAT TO BRING TO CLASS

Download materials from the Red Cross instructor Candidate's page – under Lifeguarding 2024
<https://www.redcrosslearningcenter.org/s/instructor-candidate-resources>

- Lifeguard Instructor manual 2024 - Printed Copy; this is a Red Cross required prerequisite.

- Lifeguard manual 2024 - Printed or Ebook (directions page 2)
- Lifeguard Presentations - download
- Streamline Health Training Forms – print
- Red Cross online course proof of completion
- Proof of current Red Cross Lifeguard, First Aid, CPR/AED Professional Rescuer certifications (deep water)
- Proof of age
- CPR mask with one way valve (if not purchased)
- Bathing suit (one piece suit for women)
- Towel, sunblock, snacks, lunch, paper, writing utensil
- Rash guard or wetsuit (optional)



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DOWNLOAD LIFEGUARDING MANUAL | Ebook Access Code Instructions

Red Cross Lifeguarding eBook download directions below. Bring Ebook to class on a laptop or iPad.

Lifeguarding Manual eBook Access Code

2589355AMM8VYNCFWS

Red Cross eReader Link

<https://ebooks.redcrosslearningcenter.org>

NEW RED CROSS ACCOUNT | Red Cross Directions to View the Ebook

- Copy your access code provided above
- Click the eReader link: <https://ebooks.redcrosslearningcenter.org>
- On the eReader page, to the right of Sign In **click Access Code**, paste access code into access code field
- After submitting access code, enter full name, email, and set password for the eReader
- You will be routed to your eBook library, where the **Lifeguarding Manual Ebook** can be viewed

EXISTING RED CROSS ACCOUNT | Red Cross Directions to View the Ebook

- Click the eReader link provided above; login to your eReader account
- After logging in, on the top right of your profile, **click the plus sign**
- Paste your access code into the access code field, and your new eBook will display in your library

PREREQUISITES

American Red Cross requires participants to successfully complete the following prerequisites, to receive certification. Refunds will not be issued to participants who do not successfully complete all course prerequisites and course completion requirements, according to the American Red Cross standards. Please make sure you can complete the following course prerequisites and course completion requirements before you attend class. Thank You!

Red Cross requires the following for successful course completion: participants must attend all scheduled dates and times, demonstrate proficient skills, and pass a written exam with a score of at least 80 percent.

1. Participants must be at least 17 years old on the last class date
2. Participants must have current Red Cross deep water Lifeguard, First Aid, CPR/AED Professional Rescuer certifications (2017 LGI certification accepted)
3. Participants must complete the **American Red Cross 2 Hour Online Course** prior to the first-class date
4. Successfully complete one prerequisite skill assessment scenario. The prerequisite skill assessment scenario evaluates the following:
 - Swimming approach
 - Surface dive in deep water | 7 – 10 feet
 - Passive submerged rescue
 - Rapid extrication, with an assisting rescuer
 - Rapid assessment
 - Single-rescuer CPR | 3 minutes



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| TEACHING ASSIGNMENT 1 LAND 56 LGIT | PAGE | LESSON | TIME |
|--|-------------|---------------|-------------|
| 1. Deck Activity Scanning and Rotations | 122 LGI | Lesson 2 | 20 minutes |
| 2. Rescue Ready or Not? | 111 LGI | Lesson 2 | 15 minutes |
| 3. Two-Rescuer CPR (Adult/Child/Infant) & Skill Practice Providing Two-Rescuer CPR for Adult & Infant | 184 LGI | Lesson 6 | 15 minutes |
| 4. Using a Resuscitation Mask & Skill Practice Giving Ventilations Using a Resuscitation Mask (Adult/Infant) | 164 LGI | Lesson 5 | 20 minutes |
| 5. Obstructed Airway Care (Adult/Child) & Skill Practice Obstructed Airway Care for a Responsive & Unresponsive Adult | 190 LGI | Lesson 6 | 20 minutes |
| 6. Using an AED & Skill Practice Using an AED | 187 LGI | Lesson 6 | 20 minutes |
| 7. Obstructed Airway Care (Infant) & Skill Practice Obstructed Airway Care for a Responsive & Unresponsive Infant | 194 LGI | Lesson 6 | 15 minutes |
| 8. Decision-Making in First Aid Emergencies | 219 LGI | Lesson 7 | 20 minutes |
| 9. Surveillance Activity III – Recognition | 234 LGI | Lesson 8 | 15 minutes |
| 10. External Bleeding & Skill Practice Controlling Non-Life-Threatening External Bleeding | 220 LGI | Lesson 7 | 15 minutes |

| TEACHING ASSIGNMENT 2 WATER | PAGE | LESSON | TIME |
|--|-------------|---------------|-------------|
| 1. Putting It All Together - Implementing an EAP | 137 LGI | Lesson 3 | 15 minutes |
| 2. Active and Passive Skill Drill | 136 LGI | Lesson 3 | 15 minutes |
| 3. Putting It All Together - Submerged Rescue and Rapid Extrication Part 2: Submerged Rescue & Extrication Challenge | 151 LGI | Lesson 4 | 15 minutes |
| 4. Putting It All Together - Rescue, Extrication, Rapid Assessment, BVM | 168 LGI | Lesson 5 | 15 minutes |
| 5. Water Activity - Lifeguard Station Response Time Testing | 169 LGI | Lesson 5 | 15 minutes |
| 6. Multiple-Rescuer Team Response Scenarios – Scenario 2 | 683 LGI | Lesson 6 | 15 minutes |
| 7. Multiple-Rescuer Team Response Scenarios – Scenario 5 | 695 LGI | Lesson 7 | 15 minutes |
| 8. Multiple-Rescuer Team Response Scenarios - Scenario 3 | 687 LGI | Lesson 6 | 15 minutes |
| 9. Putting It All Together: Submerged Rescue and Rapid Extrication Part 1: Submerged Rescue & Extrication - One Assisting Rescuer | 150 LGI | Lesson 4 | 15 minutes |
| 10. Putting It All Together: Submerged Rescue & Rapid Extrication Part 3: Submerged Rescue & Extrication - Two Assisting Rescuers | 151 LGI | Lesson 4 | 15 minutes |



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SMALL GROUP TEACHING ACTIVITIES LAND

| | |
|--|-----------------------|
| 1. Setting the Stage for Safety, Facility Safety Checks and Facility Rules | LGI LESSON 1 PG 87 |
| 2. Professionalism on the Job | LGI LESSON 1 PG 79 |
| 3. Scanning | LGI LESSON 2 PG 105 |
| 4. Cardiac Arrest and the Cardiac Chain of Survival | LGI LESSON 6 PG 179 |

RECIPROCAL SKILL PRACTICE LAND

GROUP 1

| | |
|--|-----------------------|
| 1. Single-Rescuer CPR (Adult/Child) | LGI LESSON 6 PG 182 |
| 2. Giving Ventilations Using a Bag-Valve-Mask Resuscitator (Adult) | LGI LESSON 5 PG 166 |
| 3. Controlling Non-Life-Threatening External Bleeding | LGI LESSON 7 PG 220 |

GROUP 2

| | |
|--|-----------------------|
| 4. Rapid Assessment (Adult) | LGI LESSON 5 PG 160 |
| 5. Removing Disposable Gloves | LGI LESSON 5 PG 158 |
| 6. Obstructed Airway Care for a Responsive Adult | LGI LESSON 6 PG 192 |

RECIPROCAL SKILL PRACTICE WATER

GROUP 1

| | |
|--|-----------------------|
| 1. Passive Front Rescue, Passive Rear Rescue | LGI LESSON 3 PG 134 |
| 2. Passive Submerged Rescue Deep Water >7' | LGI LESSON 4 PG 144 |
| 3. Passive Submerged Rescue Moderate-Depth 5' – 7' | LGI LESSON 4 PG 144 |

GROUP 2

| | |
|--|-----------------------|
| 4. Entries and Approaches | LGI LESSON 1 PG 90 |
| 5. Active Front Rescue, Active Rear Rescue | LGI LESSON 3 PG 133 |
| 6. Head Splint | LGI LESSON 8 PG 239 |
| • Face-Up in Extremely Shallow Water | |
| • Face-Down in Extremely Shallow Water | |



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EXAM STUDY GUIDE

1. What courses can a certified Lifeguard Instructor teach?
2. How long is an instructor certification valid? How do instructors maintain their certification?
3. What is the ratio of participants to instructors for the lifeguarding program? What are the 3 core courses for the lifeguarding program?
4. What "instructor benchmarks" should be considered when teaching land skills & water skills?
5. What are the water skills/swimming prerequisites for Lifeguard Training (LGT)? What is the purpose of the water skills/swimming prerequisite evaluation for LGT?
6. What is the purpose of skill practice and skill drills; of skill charts and skill assessment tools; of multiple rescue team response scenarios?
7. What are the 2 format options for teaching LGT?
8. What considerations need to be made before scheduling a blended learning course?
9. Why does Red Cross require instructors to follow standardized outlines and lesson plans?
10. What are the possible outcomes for individuals or the team when being evaluated during the final response scenarios?
11. How many opportunities does a participant have to pass the final team response scenarios and final written exam?
12. How does an instructor close a course and provide certification to participants?
13. How many days does an instructor have to complete a course record or close a course?
14. What 3 grades can an instructor enter on a course record for a participant?
15. What does a Red Cross certification mean when a participant successfully completes a course?
16. What is the purpose of the Red Cross Training Provider Course & Price List
17. What is the purpose of the Red Cross Aquatics Guidelines & Best Practices?