



Canadian Red Cross

Lifeguard National Program Standards

Version: November 2009



1.877.356.3226 | www.redcross.ca/lifeguard

Copyright © 2009 The Canadian Red Cross Society

Red Cross Lifeguard.™ Skilled. Proud. Ready.

Table of Contents

1.0 Introduction and Glossary of Terms	3
2.0 Red Cross Swimming and Water Safety Goal and Slogan	4
3.0 General Policies and Standards	5
4.0 Red Cross Assistant Lifeguard Course Standards.....	8
5.0 Red Cross Pool Lifeguard Course Standards	15
6.0 Red Cross Waterfront Lifeguard Course Standards	24
7.0 Red Cross Assistant Lifeguard Instructor, Lifeguard Instructor and Lifeguard Instructor Trainer Responsibilities	34
7.1 Recertification	35
7.2 Expiry of Certifications.....	36
7.3 Certification Extension	36
7.4 National Certification	36
7.5 Card Replacements	37
8.0 Quality Assurance	38
9.0 Issue Management and Resolution Process.....	39
10.0 Red Cross Assistant Lifeguard Instructor Course Standards	45
11.0 Red Cross Pool Lifeguard Instructor Course Standards.....	49
12.0 Red Cross Lifeguard Waterfront Instructor Course Standards.....	59
13.0 Red Cross Lifeguard Instructor Trainer Mentorship Standards.....	66
14.0 Lifeguard Master Instructor Trainer	69

1.0 Introduction and Glossary of Terms

Introduction

These Program Standards were developed in 2008 and 2009 during the Lifeguard project. Many documents from across Canada and across a number of Programs were reviewed to create the final document.

These standards were developed for Instructors, Instructor Trainers, Master Instructor Trainers, Authorized Providers and staff of the Canadian Red Cross to use and follow. The first section is the standards for all of the candidate level Lifeguard courses and the second section contains the requirements for all of the instructor development programs that support the candidate level courses.

The standards included in this document are those accepted by the Canadian Red Cross and any first aid/CPR/AED procedures are based on ILCOR guidelines. This program was developed to meet the current legislative requirements across Canada. As a Red Cross Instructor/Instructor Trainer or Authorized Provider you are required to teach the courses as laid out in this document. Any changes to standards or procedures will be distributed in writing.

Some procedures, such as AED, differ in certain provinces/territories or jurisdictions due to legislation requirements. In these cases local and/or zone offices will provide the standards and protocols in writing. If you are unsure of the current standard you are required to follow, please contact the Canadian Red Cross.

Glossary of Terms

C	Challenge	This term will only be used as a reference to a course and will not be a separate course. An individual will be able to challenge the skills and knowledge evaluations in some levels.
T	Transfer	To transfer skills and knowledge from another organization to a similar Red Cross course.
U	Update	To refresh the knowledge and skills to the current standards within the same certification. Example: Current Canadian Red Cross Lifeguard update to the NEW Canadian Red Cross Lifeguard
U	Upgrade	To upgrade skills and knowledge from a Red Cross course to another. When the upgrade term is used it should always reference what is being upgraded. Example: Assistant Lifeguard Instructor Upgrade to Lifeguard Instructor

2.0 Red Cross Swimming and Water Safety Goal and Slogan

Red Cross Swimming and Water Safety Goal

Improve the quality of life by giving people the skills to make safe choices, increase physical fitness, prevent injuries and act in emergency and rescue situations

Améliorer la qualité de vie de la population en lui donnant les moyens de faire des choix sécuritaires, d'améliorer son conditionnement physique, de prévenir les traumatismes liés à l'eau et d'intervenir en situation d'urgence.

Red Cross Slogan

Red Cross Lifeguard. Skilled. Proud. Ready.™

Courses

All CRC courses:

- Teach participants how to prevent injuries and avoid risky behaviour
- Include a component on the emergency medical services (EMS) system
- Have a recommended time frame that lets you effectively teach the course content based on the number of candidates, the amount of equipment, and the previous training of the candidates

All cardiopulmonary resuscitation (CPR/AED) and First Aid components of Canadian Red Cross (CRC) courses are taught in accordance with ILCOR.

3.0 General Policies and Standards

The Universal Sign of First Aid



The universal sign of first aid is a **white cross on a green background** and should be used to designate a first aid station, first aid kit or other first aid related item.

The Red Cross Emblem



The Red Cross and Red Crescent emblems are internationally recognized symbols used to protect individuals during armed conflicts. They have a secondary use to identify organizations, like the Canadian Red Cross, that make up the International Red Cross and Red Crescent Movement (the Movement). We safeguard both uses in the Geneva Conventions and in national laws.

National Red Cross and Red Crescent Societies have special roles in co-operating with their governments to protect these emblems so that they do not lose their value. National Societies, with the International Committee of the Red Cross (ICRC) and the International Federation of the Red Cross and Red Crescent Societies (Federation), also have a special responsibility to use the emblem correctly themselves. We follow the international regulations agreed upon by the Movement and by the states party to the Geneva Conventions.

Appropriate use of the emblem helps preserve its protective power and, by that, helps to save lives. The Red Cross emblem is amongst the most recognized symbols in the world. Consistent and correct presentation also makes good sense for promotional and fundraising purposes. We should, therefore, display it on any Red Cross materials, publications, or products and use the emblem in conjunction with the name, Canadian Red Cross.

Even the most effective symbol cannot create a positive visual identity in a vacuum. Every item that displays the corporate identity (the Canadian Red Cross name and emblem)—posters, products, and signs—must live up to the image of the Canadian Red Cross. All of these pieces must work together as an integrated whole, to guide and reinforce a positive total image.

History of the Emblem

The Red Cross and Red Crescent emblems are internationally recognized symbols of protection during armed conflicts. They gained this recognition more than a century ago, when an international meeting in Switzerland in 1863 worked to improve care of the wounded on battlefields. One recommendation of the meeting was that volunteer medical personnel of all countries wear an easily recognized sign: a white armlet with a red cross, sometimes called the *Geneva* cross.

Representatives of 12 countries signed the international treaty, known as the Treaty of Geneva, on August 22, 1864. It established the fundamental principle that *wounded or sick combatants, to whatever nation they may belong, shall be collected and cared for*. It adopted the Red Cross emblem as the international symbol to identify personnel, material, and facilities used to care for the sick and wounded in times of armed conflict.

By the terms of the treaty, persons and facilities bearing the symbol are protected from attack. Over the years, we have extended the protection of the original Treaty of Geneva beyond the battlefield to include the shipwrecked, prisoners of war, and civilian populations affected by armed conflicts.

Recognized as a symbol of humanity and neutrality, the Red Cross emblem is the only protection Red Cross workers have when they bring relief and protection to victims of armed conflicts. The emblem identifies and protects the sick, the wounded, and those who come to their aid; medical equipment; buildings; and vehicles.



In December of 2005, the International Red Cross and Red Crescent Movement welcomed the decision of the Diplomatic Conference held in Geneva to adopt a Third Additional Protocol to the Geneva Conventions, creating an additional emblem alongside the red cross and red crescent. The additional emblem, known as the **red crystal**, will appear as a red frame in the shape of a square on edge, on a white background, and is free from any religious, political, or other connotation.

Trademark and Copyright

The Geneva Conventions Act, the Trade Marks Act, and the Act of Incorporation of The Canadian Red Cross Society protect the Red Cross emblem in Canada. The Canadian Red Cross must authorize its application and use in Canada.

Article 53, Schedule 1 – Geneva Conventions

The use by individuals, societies, firms or companies either public or private, other than those entitled thereto under the present Convention, of the emblem or the designation “Red Cross” or “Geneva Cross”, or of any sign or designation constituting an imitation thereof, whatever the object of such use, and irrespective of the date of its adoption, shall be prohibited at all times.

Trademark: A trademark is a word or symbol used to distinguish the products of one organization (or author) from another. Once trademark rights are acquired, it is a prohibited mark and cannot be used by anyone as part of a trademark or otherwise.

Copyright: We define a copyright as the right of an author to prevent others from altering an image or written work. It also protects the image or written material from being reproduced or translated without the author’s permission.

To protect copyright, all materials must display the © copyright symbol and/or the phrase. **This material is copyrighted by The Canadian Red Cross Society and may not be altered or reproduced without permission.**

Monitoring Use of the Emblem

As a signatory to the Geneva Conventions, the Government of Canada is obliged to promote respect for the emblem and uphold its dignity. This way, we preserve and strengthen the emblem's protective role.

The International Regulations oblige the Canadian Red Cross to protect the Red Cross emblem. Most emblem misuses are inadvertent and quickly corrected. Many people are unaware of the emblem's special role, and they quickly correct any misuse when they learn of the restrictions on its use. Ongoing emblem misuses show that the Red Cross must be vigilant about monitoring use of the emblem and must try to educate the public about its protective role during conflict. Every member of the Canadian Red Cross is responsible for monitoring use of the emblem. All abuses or concerns should be reported to the Red Cross. The best people to report the misuses to are the national or zone public affairs directors or general managers or the Director of the Humanitarian Issues Program or the General Counsel.

In the Geneva Convention, they describe the emblem simply as a *red cross on a white ground*. There is no rigid definition of the form of the cross, the exact shade of red, or the shape of the white background. This ensures universal respect for and avoids abuse of the emblem when we intend it to serve as the humanitarian Red Cross symbol. During times of war, therefore, variations in dimension, shape, and shading would not change the status of the Red Cross emblem as a protective sign.

Authorized Providers

Canadian Red Cross Authorized Providers may be granted permission to use the Red Cross emblem if they sign an agreement and adhere to conditions of the agreement.

4.0 Red Cross Assistant Lifeguard Course Standards

	Red Cross Assistant Lifeguard	Red Cross Lifeguard Preparation	Red Cross Assistant Lifeguard Recertification
Course Purpose	Pre-requisite course for the professional lifeguard certification that teaches injury prevention, teamwork, basic rescues, and lifeguard skills. Candidates are continuously evaluated throughout the course based on a standard evaluation criteria.		
Course Length	25 hours Considerations: <ul style="list-style-type: none"> • If an Assistant Lifeguard candidate has a current Assistant Water Safety (AWSI) they will be able to complete the course in 14 hours. If they also have a CPR level C or higher they can complete the course in 10 hours. • If the Assistant Lifeguard candidate has a current Water Safety Instructor (WSI) they will be able to complete the course in 10 hours. If they also have a CPR level C or higher they can complete the course in 6 hours. • If the Assistant Lifeguard candidate has a current Standard First Aid with CPR level C or equivalent they will be able to complete the course in 10 hours. • Time includes the final scenario evaluation • This time does not include the two observation hours, if programmed with in the course. 	4.5 hours Considerations <ul style="list-style-type: none"> • Time includes the final scenario evaluation • This time does not include the two observation hours, if programmed with in the course. 	6 hours minimum Considerations: <ul style="list-style-type: none"> • Complete the final scenario, skills worksheets and the knowledge evaluation • The recertification may require more time. The time for the recertification is dependant upon the number of candidates, their ability to successfully demonstrate the skill and their level of experience in aquatics.

	Red Cross Assistant Lifeguard	Red Cross Lifeguard Preparation	Red Cross Assistant Lifeguard Recertification
Instructor to Candidate Ratio	Maximum 1:12	Maximum 1:12	Maximum 1:12
Course Conductor /	<ul style="list-style-type: none"> Current Red Cross Assistant Lifeguard Instructor or higher <p>Considerations:</p> <ul style="list-style-type: none"> Instructor progressively evaluates the skills to prepare candidates for the final scenario 	<ul style="list-style-type: none"> Current Red Cross Assistant Lifeguard Instructor or higher 	<ul style="list-style-type: none"> Red Cross Assistant Lifeguard Instructor or higher
Pre-requisite	<p>Required:</p> <ul style="list-style-type: none"> Ability to swim to the RC Swim Kids level 10 or equivalent or higher <p>Considerations:</p> <ul style="list-style-type: none"> The worksheet is the tool to use to assess the Swim Kids level 10 skills The following equivalent certifications do not need to be current to take the Assistant Lifeguard Course: <ul style="list-style-type: none"> Bronze Star Bronze Medallion 	<p>Required:</p> <ul style="list-style-type: none"> Bronze Cross, which does not need to be current 	<p>Required:</p> <ul style="list-style-type: none"> Red Cross Assistant Lifeguard certification taken within the last 5 years. <p>Considerations:</p> <ul style="list-style-type: none"> The Red Cross Assistant Lifeguard certification does not need to be current, but would need to be taken within a 3 year grace period. The recertification may require more time. The time for the recertification is dependant upon the number of candidates, their ability to successfully demonstrate the skill and their level of experience in aquatics.
Minimum Age to Take The Course	<p>Required</p> <ul style="list-style-type: none"> 12 years of age <p>Considerations</p> <ul style="list-style-type: none"> Candidates must be 12 years of age by the end of the course. 	<p>Required:</p> <ul style="list-style-type: none"> 14 years of age, if they have a Bronze Cross <p>Considerations</p> <ul style="list-style-type: none"> Candidates must be 14 years of age at the start of the course. 	None

	Red Cross Assistant Lifeguard	Red Cross Lifeguard Preparation	Red Cross Assistant Lifeguard Recertification
Pre-course Assignment	Required: <ul style="list-style-type: none"> None, if taking full course If an AWSI or WSI is taking the shorter course, they must complete the Assistant Lifeguard Workbook before the course. 	Required: <ul style="list-style-type: none"> Completion of Assistant Lifeguard Workbook 	None
Candidate Materials	Required: <ul style="list-style-type: none"> <i>Assistant Lifeguard Workbook</i> Whistle & wrist bungee (or breakaway lanyard) Recommended: <ul style="list-style-type: none"> Red Cross Aquatic Fanny Pack 	Required: <ul style="list-style-type: none"> <i>Assistant Lifeguard Workbook</i> Whistle & wrist bungee (or breakaway lanyard) Recommended: <ul style="list-style-type: none"> Red Cross Aquatic Fanny Pack 	None
Course Training Materials	Required: <ul style="list-style-type: none"> <i>CPR/AED poster</i> <i>Choking poster</i> <i>Preventing Disease Transmission Poster</i> <i>Wound Care & Bandaging Poster</i> Rescue tubes (127cm (50")long, 15.24cm (6") wide & 10.16cm (4") thick) – one rescue tube per two candidates Backboard with head immobilization device Reaching assists (two different types, this does not include the rescue tube) Throwing assists (two different types, one with a line and this does not include the rescue tube) Submersible object weighing no more than 2.3kg (5lbs) Towel/blanket 	Required: <ul style="list-style-type: none"> Rescue tubes (127cm (50")long, 15.24cm (6") wide & 10.16cm (4") thick) – one rescue tube per two candidates Backboard with head immobilization device Reaching assists (two different types, this does not include the rescue tube) Throwing assists (two different types, one with a line and this does not include the rescue tube) Submersible object weighing no more than 2.3kg (5lbs) Towel/blanket Practice first aid kit One barrier device with oxygen inlet per candidate One pair latex- free gloves per candidate 	Required: <ul style="list-style-type: none"> Rescue tubes (127cm (50")long, 15.24cm (6") wide & 10.16cm (4") thick) – one rescue tube per two candidates Backboard with head immobilization device Reaching assists (two different types, this does not include the rescue tube) Throwing assists (two different types, one with a line and this does not include the rescue tube) Submersible object weighing no more than 2.3kg (5lbs) Towel/blanket Practice first aid kit One barrier device with oxygen inlet per candidate One pair latex-free free gloves per candidate

	Red Cross Assistant Lifeguard	Red Cross Lifeguard Preparation	Red Cross Assistant Lifeguard Recertification
	<ul style="list-style-type: none"> Practice first aid kit One barrier device with oxygen inlet per candidate One pair latex-free gloves per candidate First Aid kit for an incident in the class <p>Recommended:</p> <ul style="list-style-type: none"> AED Trainer Simulation kit Flip chart or dry erase board Office supplies 	<ul style="list-style-type: none"> First Aid kit for an incident in the class <p>Recommended:</p> <ul style="list-style-type: none"> AED Trainer Simulation kit Flip chart or dry erase board Office supplies 	<ul style="list-style-type: none"> First Aid kit for an incident in the class <p>Recommended:</p> <ul style="list-style-type: none"> AED Trainer Simulation kit Flip chart or dry erase board Office supplies
Minimum Course Content	<ul style="list-style-type: none"> The Red Cross (Includes Introduction) Understanding Roles and Responsibilities Developing Leadership Understanding The Aquatic Environment Preventing Aquatic Emergencies Supervision and Surveillance Developing Rescue Skills Caring for Head and Spine Injuries Responding to First Aid Emergencies Developing Responses to Emergencies Getting a Job <p>Assistant Water Safety Instructor Upgrade to Assistant Lifeguard</p> <ul style="list-style-type: none"> Supervision and Surveillance Developing Rescue Skills Caring for Head and Spine 	<ul style="list-style-type: none"> Developing Rescue Skills Caring for Head and Spine Injuries Final Scenario <p>Considerations: A detailed course plan can be found in the Assistant Lifeguard Instructor Supplement.</p>	<ul style="list-style-type: none"> All practical skills and scenarios of the full course Practice with feedback Perform skills & assessment Final scenarios

	Red Cross Assistant Lifeguard	Red Cross Lifeguard Preparation	Red Cross Assistant Lifeguard Recertification
	<ul style="list-style-type: none"> • Caring for First Aid Emergencies (only required if candidates do not have CPR level C or higher) • Developing a Response • Final scenarios <p>Water Safety Instructor Upgrade to Assistant Lifeguard</p> <ul style="list-style-type: none"> • Supervision and Surveillance • Developing Rescue Skills • Caring for Head and Spine Injuries • Caring for First Aid Emergencies (only required if candidates do not have CPR level C or higher) • Developing a Response • Final scenarios <p>Standard First Aid with CPR level C Upgrade to Assistant Lifeguard</p> <ul style="list-style-type: none"> • Supervision and Surveillance • Developing Rescue Skills • Caring for Head and Spine • Developing a Response • Final scenarios <p>Considerations:</p> <ul style="list-style-type: none"> • Detailed course plans can be found in the Assistant Lifeguard Instructor Supplement and the Lifeguard Instructor Manual 		
Legislative Requirements	<ul style="list-style-type: none"> • In some provinces/territories the Assistant Lifeguard course is a recognized course. 	<ul style="list-style-type: none"> • In some provinces/territories the Assistant Lifeguard course is a recognized course. 	<ul style="list-style-type: none"> • None

	Red Cross Assistant Lifeguard	Red Cross Lifeguard Preparation	Red Cross Assistant Lifeguard Recertification
	<ul style="list-style-type: none"> Federal, provincial/territorial workplace legislation can be found at: www.redcross.ca/lifeguardlegislation 	<ul style="list-style-type: none"> Federal, provincial/territorial workplace legislation can be found at: www.redcross.ca/lifeguardlegislation 	
Completion Criteria	<ul style="list-style-type: none"> Must attend and participate in 100% of the course The course is continuously evaluated Final “scenario based” practical knowledge evaluation Demonstrate competency in all required skills and activities The Assistant Lifeguard observation assignment can be completed during the course, as long as the candidates have completed 50% or more of the course. <p>Considerations:</p> <ul style="list-style-type: none"> The roles and responsibilities for the observation are on the candidates observation assignment form. 	<ul style="list-style-type: none"> Successfully complete the final “scenario based” practical exam Demonstrate competency in all required skills and activities The Assistant Lifeguard observation assignment can be completed during the course, as long as the candidates have completed 50% or more of the course. 	<ul style="list-style-type: none"> Successfully complete the final “scenario based” practical exam Successfully complete all the skills required in the course Demonstrate competency in all required skills and activities
Post-course Requirements	<p>Required:</p> <ul style="list-style-type: none"> Assistant Lifeguard observation assignment (minimum 2 hours), if not completed during the course Candidates may not be able to complete the observation assignment at the same facility where they took the course. Discuss/ debrief observations & questions. <p>Considerations:</p> <ul style="list-style-type: none"> This could be done during the course or after (see note above in Completion Criteria) 	<p>Required:</p> <ul style="list-style-type: none"> Assistant Lifeguard observation assignment (minimum 2 hours), if not completed during the course Candidates may not be able to complete the observation assignment at the same facility where they took the course. Discuss/ debrief observations & questions. <p>Considerations:</p> <ul style="list-style-type: none"> This could be done during the course or after (see note above in Completion Criteria) 	None

	Red Cross Assistant Lifeguard	Red Cross Lifeguard Preparation	Red Cross Assistant Lifeguard Recertification
	<ul style="list-style-type: none"> Observation Assignment form can be found on the Red Cross Instructor Network 	<ul style="list-style-type: none"> Observation assignment form can be found the Red Cross Instructor Network 	
Certification	<p>Required:</p> <ul style="list-style-type: none"> 2 years 	<p>Required:</p> <ul style="list-style-type: none"> 2 years <p>Considerations:</p> <ul style="list-style-type: none"> Candidates completing this course would receive the Red Cross Assistant Lifeguard certification. 	<p>Required:</p> <ul style="list-style-type: none"> 2 years
Other Notes	<p>Quality Management:</p> <ul style="list-style-type: none"> Red Cross may monitor this course at any time. See the quality assurance section for more information, page 38. 	<ul style="list-style-type: none"> These candidates would be taking the course to prepare for the Lifeguard course. <p>Quality Management:</p> <ul style="list-style-type: none"> Red Cross may monitor this course at any time. See the quality assurance section for more information, page 38. 	<ul style="list-style-type: none"> There would be a small number of individuals who would need to recertify who are not continuing on to the Lifeguard course. <p>Quality Management:</p> <ul style="list-style-type: none"> Red Cross may monitor this course at any time. See the quality assurance section for more information, page 38.

5.0 Red Cross Pool Lifeguard Course Standards

	Red Cross Pool Lifeguard	Red Cross Waterfront Upgrade to Pool Lifeguard	National Lifeguard Service (NLS) – Pool Transfer to Red Cross Pool Lifeguard	Red Cross Pool Lifeguard Recertification
Course Purpose	Professional lifeguard certification course for pools. The course prepares deck-ready lifeguards to prevent and respond to lifeguard emergencies, create a safe environment, work in teams, and handle public relations in a professional manner. The candidates are continuously evaluated throughout the course based on a standard evaluation criteria and complete a final skills and knowledge assessments.			
Course Length	40 hours Considerations: <ul style="list-style-type: none"> • Time includes the final scenario evaluation • This time does not include the two observation hours, if programmed with in the course. • Additional course sessions require additional time appropriate to the available equipment and the number of candidates. 	20 hours Considerations: <ul style="list-style-type: none"> • Additional course sessions require additional time appropriate to the available equipment and the number of candidates. 	8 hours Considerations: <ul style="list-style-type: none"> • This course may require more time. The time for the course is dependant upon the number of candidates, their ability to successfully demonstrate the skill and their level of experience in aquatics. • This time does not include the additional hours that may be required to ensure all candidates have the 	5 hours minimum Considerations: <ul style="list-style-type: none"> • Complete the final scenario, skills worksheets and the knowledge evaluation • The recertification may require more time. The time for the recertification is dependant upon the number of candidates, their ability to successfully demonstrate the skill and their level of

	Red Cross Pool Lifeguard	Red Cross Waterfront Upgrade to Pool Lifeguard	National Lifeguard Service (NLS) – Pool Transfer to Red Cross Pool Lifeguard	Red Cross Pool Lifeguard Recertification
			AED content required.	experience in aquatics.
Instructor to Candidate Ratio	Maximum 1:12	Maximum 1:12	Maximum 1:12	Maximum 1:12
Course Conductor	<ul style="list-style-type: none"> Current Red Cross Pool Lifeguard Instructor or Lifeguard Instructor Trainer <p>Considerations:</p> <ul style="list-style-type: none"> All the Red Cross Lifeguard Instructors examine and evaluate all skills and knowledge in a course. 	<ul style="list-style-type: none"> Current Red Cross Pool Lifeguard Instructor or Lifeguard Instructor Trainer <p>Considerations:</p> <ul style="list-style-type: none"> All the Red Cross Lifeguard Instructors examine and evaluate all skills and knowledge in a course. 	<ul style="list-style-type: none"> Current Red Cross Pool Lifeguard Instructor or Lifeguard Instructor Trainer <p>Considerations:</p> <ul style="list-style-type: none"> All the Red Cross Lifeguard Instructors examine and evaluate all skills and knowledge in a course. 	<ul style="list-style-type: none"> Current Red Cross Lifeguard Instructor or Lifeguard Instructor Trainer <p>Considerations:</p> <ul style="list-style-type: none"> All the Red Cross Lifeguard Instructors examine and evaluate all skills and knowledge in a course.
Pre-requisite	<p>Required:</p> <ul style="list-style-type: none"> Current Standard First Aid with CPR level C or equivalent Red Cross Assistant Lifeguard <p>Considerations:</p> <ul style="list-style-type: none"> Assistant Lifeguard does not need to be current to take the Lifeguard course AED is not required and can be taught in the course if the SFA comes from other recognized agencies (without AED). 	<p>Required:</p> <ul style="list-style-type: none"> Current Standard First Aid with CPR level C or equivalent Current Red Cross Waterfront Lifeguard 	<p>Required:</p> <ul style="list-style-type: none"> Current Standard First Aid with CPR level C or equivalent National Lifeguard Service (NLS) – Pool certification current within 5 years. <p>Considerations:</p> <ul style="list-style-type: none"> AED is not required and can be taught in the course if the SFA 	<p>Required:</p> <ul style="list-style-type: none"> Red Cross Lifeguard certification that is current within 5 years of taking the recertification. Current Standard First Aid with CPR level C or equivalent <p>Considerations</p> <ul style="list-style-type: none"> The Red Cross Lifeguard certification

	Red Cross Pool Lifeguard	Red Cross Waterfront Upgrade to Pool Lifeguard	National Lifeguard Service (NLS) – Pool Transfer to Red Cross Pool Lifeguard	Red Cross Pool Lifeguard Recertification
	<ul style="list-style-type: none"> Candidates with a Red Cross Assistant Water Safety Instructor, Water Safety Instructor and/or First Aid Instructor certification(s) must take the entire course. 		comes from other recognized agencies (without AED).	does not need to be current, but would need to be taken within a 3 year grace period.
Minimum Age to Take The Course	<p>15 years old</p> <p>Considerations:</p> <ul style="list-style-type: none"> Candidates must be 15 years of age on the first day of the course. Candidates can take the course at 15 years old; legislation will dictate when they can be hired. 	<p>15 years</p> <p>Considerations:</p> <ul style="list-style-type: none"> Candidates can take the course at 15 years old; legislation will dictate when they can be hired. 	<p>16 years old</p> <p>Considerations:</p> <ul style="list-style-type: none"> Candidates must be 16 years of age to hold National Lifeguard Certification (NLS). 	None
Pre-course Assignment	<p>None</p> <p>Considerations:</p> <ul style="list-style-type: none"> If observation assignment is being done before the course, then the observation assignment form must be available for the candidate. 	None	<ul style="list-style-type: none"> The Red Cross Lifeguard Rescue Skills Responding to Aquatic Emergencies 	None
Candidate Materials	<p>Required:</p> <ul style="list-style-type: none"> Current Red Cross <i>Lifeguard Manual</i> Red Cross <i>CPR/AED manual</i> if they are coming in with another 	<p>Required:</p> <ul style="list-style-type: none"> Current Red Cross <i>Lifeguard Manual</i> Whistle & wrist bungee (or breakaway lanyard) 	<p>Required:</p> <ul style="list-style-type: none"> Current Red Cross <i>Lifeguard Manual</i> Red Cross <i>CPR/AED manual</i> if they are 	<p>Required:</p> <ul style="list-style-type: none"> Skills worksheet and final scenario evaluation Complete the

	Red Cross Pool Lifeguard	Red Cross Waterfront Upgrade to Pool Lifeguard	National Lifeguard Service (NLS) – Pool Transfer to Red Cross Pool Lifeguard	Red Cross Pool Lifeguard Recertification
	<p>recognized First Aid Training Agency certification</p> <ul style="list-style-type: none"> Whistle & wrist bungee (or breakaway lanyard) <p>Recommended:</p> <ul style="list-style-type: none"> Red Cross Aquatic Fanny Pack 	<p>Recommended:</p> <ul style="list-style-type: none"> Red Cross Aquatic Fanny Pack 	<p>coming in with another recognized First Aid Training Agency certification</p> <ul style="list-style-type: none"> Whistle & wrist bungee (or breakaway lanyard) <p>Recommended:</p> <ul style="list-style-type: none"> Red Cross Aquatic Fanny Pack 	<p>knowledge evaluation</p> <ul style="list-style-type: none"> Whistle & wrist bungee (or breakaway lanyard) <p>Recommended:</p> <ul style="list-style-type: none"> Red Cross Aquatic Fanny Pack
Course Training Materials	<p>Required:</p> <ul style="list-style-type: none"> Rescue tubes (127cm (50")long, 15.24cm (6") wide & 10.16cm (4") thick) – one rescue tube per two candidates Backboard with head immobilization device Reaching assists (two different types, this does not include the rescue tube) Throwing assists (two different types, one with a line and this does not include the rescue tube) Towel/blanket Practice first aid kit One barrier device with oxygen 	<p>Required:</p> <ul style="list-style-type: none"> Rescue tubes (127cm (50")long, 15.24cm (6") wide & 10.16cm (4") thick) – one rescue tube per two candidates Backboard with head immobilization device Reaching assists (two different types, this does not include the rescue tube) Throwing assists (two different types, one with a line and this does not include the rescue tube) Towel/blanket 	<p>Required:</p> <ul style="list-style-type: none"> Rescue tubes (127cm (50")long, 15.24cm (6") wide & 10.16cm (4") thick) – one rescue tube per two candidates Backboard with head immobilization device Reaching assists (two different types, this does not include the rescue tube) Throwing assists (two different types, one with a line and this does not include the rescue tube) 	<p>Required:</p> <ul style="list-style-type: none"> Rescue tubes (127cm (50")long, 15.24cm (6") wide & 10.16cm (4") thick) – one rescue tube per two candidates Backboard with head immobilization device Reaching assists (two different types, this does not include the rescue tube) Throwing assists (two different types, one with a line and this does not include the rescue tube)

	Red Cross Pool Lifeguard	Red Cross Waterfront Upgrade to Pool Lifeguard	National Lifeguard Service (NLS) – Pool Transfer to Red Cross Pool Lifeguard	Red Cross Pool Lifeguard Recertification
	<p>inlet per candidate</p> <ul style="list-style-type: none"> • One pair latex-free gloves per candidate • First Aid kit for an incident in the class • Adult ventilating mannequins and when doing AED, mannequins with full torso or a mannequin that can demonstrate proper AED pad placement. • AED Trainer • Epinephrine auto-injector trainer • Inhaler Trainer • Oxygen equipment <p>Recommended:</p> <ul style="list-style-type: none"> • Ratio with the backboard would be one board to six candidates • Rescue mannequin • Splinting materials • Simulation kit • Flip chart or dry erase board • Office supplies 	<ul style="list-style-type: none"> • Practice first aid kit • One barrier device with oxygen inlet per candidate • One pair latex-free gloves per candidate • First Aid kit for an incident in the class • Adult ventilating mannequins and when doing AED, mannequins with full torso or a mannequin that can demonstrate proper AED pad placement. • AED Trainer • Epinephrine auto-injector trainer • Inhaler Trainer • Oxygen equipment <p>Recommended:</p> <ul style="list-style-type: none"> • Ratio with the backboard would be one board to six candidates • Rescue mannequin • Simulation kit 	<ul style="list-style-type: none"> • Towel/blanket • Practice first aid kit • One barrier device with oxygen inlet per candidate • One pair latex-free gloves per candidate • First Aid kit for an incident in the class • Adult ventilating mannequins and when doing AED, mannequins with full torso or a mannequin that can demonstrate proper AED pad placement. • AED Trainer • Epinephrine auto-injector trainer • Inhaler Trainer • Oxygen equipment <p>Recommended:</p> <ul style="list-style-type: none"> • Ratio with the backboard would be one board to six 	<ul style="list-style-type: none"> • Towel/blanket • Practice first aid kit • One barrier device with oxygen inlet per candidate • One pair latex-free gloves per candidate • First Aid kit for an incident in the class • Adult ventilating mannequins and when doing AED, mannequins with full torso or a mannequin that can demonstrate proper AED pad placement. • AED Trainer • Epinephrine auto-injector trainer • Inhaler Trainer • Oxygen equipment <p>Recommended:</p> <ul style="list-style-type: none"> • Ratio with the backboard would be one board to six

	Red Cross Pool Lifeguard	Red Cross Waterfront Upgrade to Pool Lifeguard	National Lifeguard Service (NLS) – Pool Transfer to Red Cross Pool Lifeguard	Red Cross Pool Lifeguard Recertification
		<ul style="list-style-type: none"> • Flip chart or dry erase board • Office supplies 	candidates <ul style="list-style-type: none"> • Rescue mannequin • Splinting materials • Simulation kit • Flip chart or dry erase board • Office supplies 	candidates <ul style="list-style-type: none"> • Rescue mannequin • Splinting materials • Simulation kit • Flip chart or dry erase board • Office supplies
Course Content	<ul style="list-style-type: none"> • Introduction and The Red Cross • The Professional Lifeguard • The Aquatic Environment • Communication and Injury Prevention • Supervision and Surveillance • Rescue Skills • Head and Spine Injuries • Responding to Aquatic Emergencies <ul style="list-style-type: none"> • AED must be taught to candidates who do not have these skills. • Healthy Aquatic Environments • On the Job <p>Considerations:</p> <ul style="list-style-type: none"> • All candidates must be taught 	<ul style="list-style-type: none"> • Introduction • The Aquatic Environment • Communication and Injury Prevention • Supervision and Surveillance • Rescue Skills • Head and Spine Injuries • Responding to Aquatic Emergencies <p>Considerations:</p> <ul style="list-style-type: none"> • Contact Red Cross for a course plan 	<ul style="list-style-type: none"> • Rescue Skills • Head and Spine Injuries • Responding to Aquatic Emergencies <ul style="list-style-type: none"> • AED must be taught to candidates who do not have these skills. • Final scenarios <p>Considerations:</p> <ul style="list-style-type: none"> • All candidates must be taught AED component if not already trained • Oxygen administration is part of the course • A detailed course plan 	<ul style="list-style-type: none"> • All practical skills and scenarios of the full course • Practice with feedback • Perform skills & assessment • Successfully complete knowledge evaluation • Final scenarios

	Red Cross Pool Lifeguard	Red Cross Waterfront Upgrade to Pool Lifeguard	National Lifeguard Service (NLS) – Pool Transfer to Red Cross Pool Lifeguard	Red Cross Pool Lifeguard Recertification
	<p>AED component if not already trained</p> <ul style="list-style-type: none"> • Oxygen administration is part of the course • A detailed course plan can be found in the Lifeguard Instructor Manual 		<p>can be found in the Lifeguard Instructor Manual</p>	
Legislative Requirements	<ul style="list-style-type: none"> • Federal, provincial/territorial workplace legislation can be found at: www.redcross.ca/lifeguardlegislation • The candidates will be taught all of the skills in the course, but may only perform the skills they are legislated/regulated to perform when they are employed. 	<ul style="list-style-type: none"> • Federal, provincial/territorial workplace legislation can be found at: www.redcross.ca/lifeguardlegislation • The candidates will be taught all of the skills in the course, but may only perform the skills they are legislated/regulated to perform when they are employed. 	<ul style="list-style-type: none"> • Federal, provincial/territorial workplace legislation can be found at: www.redcross.ca/lifeguardlegislation • The candidates will be taught all of the skills in the course, but may only perform the skills they are legislated/regulated to perform when they are employed. 	<ul style="list-style-type: none"> • Federal, provincial/territorial workplace legislation can be found at: www.redcross.ca/lifeguardlegislation • The candidates will be taught all of the skills in the course, but may only perform the skills they are legislated/regulated to perform when they are employed.
Completion Criteria	<p>Required:</p> <ul style="list-style-type: none"> • Continuous evaluation • Demonstrate competency in all required skills and activities • Demonstrate competency in the final scenarios. • Ability to comprehend and 	<p>Required:</p> <ul style="list-style-type: none"> • Continuous evaluation • Demonstrate competency in all required skills and activities • Demonstrate 	<p>Required:</p> <ul style="list-style-type: none"> • Continuous evaluation • Demonstrate competency in all required skills and activities • Demonstrate 	<p>Required:</p> <ul style="list-style-type: none"> • Continuous evaluation • Demonstrate competency in all required skills and activities • Demonstrate

	Red Cross Pool Lifeguard	Red Cross Waterfront Upgrade to Pool Lifeguard	National Lifeguard Service (NLS) – Pool Transfer to Red Cross Pool Lifeguard	Red Cross Pool Lifeguard Recertification
	<p>successfully demonstrate the skills and pass a knowledge evaluation with a minimum mark of 75%</p> <ul style="list-style-type: none"> Participate and attend in 100% of the course Complete the Pool Lifeguard observation assignment, this must be attached to a course and an Instructor who can follow up and track the candidates' completion. <p>Considerations:</p> <ul style="list-style-type: none"> This course would not be a retesting any first aid skills and would not be used as a means to revoke any first aid certifications. The observation assignment can be done before, during or after the course. The roles and responsibilities for the observation are on the candidates observation assignment form. Preference is to have candidates complete observation hours at one time to get the full 	<p>competency in the final scenarios.</p> <ul style="list-style-type: none"> Ability to comprehend and successfully demonstrate the skills and pass a knowledge evaluation with a minimum mark of 75% Participate and attend in 100% of the course <p>Considerations:</p> <ul style="list-style-type: none"> This course would not be retesting any first aid skills and would not be used as a means to revoke any first aid certifications. Preference is to have candidates complete observation hours at one time to get the full experience Lifeguard Instructors can facilitate the knowledge evaluation as legislation dictates and/or as candidates requires. 	<p>competency in the final scenarios.</p> <ul style="list-style-type: none"> Ability to comprehend and successfully demonstrate the skills and pass a knowledge evaluation with a minimum mark of 75% Participate and attend in 100% of the course <p>Considerations:</p> <ul style="list-style-type: none"> This course would not be a retesting any first aid skills and would not be used as a means to revoke any first aid certifications. Preference is to have candidates complete observation hours at one time to get the full experience. Lifeguard Instructors can facilitate the knowledge evaluation as legislation dictates and/or as candidates 	<p>competency in the final scenarios.</p> <ul style="list-style-type: none"> Ability to comprehend and successfully demonstrate the skills and pass a knowledge evaluation with a minimum mark of 75% Participate and attend in 100% of the course

	Red Cross Pool Lifeguard	Red Cross Waterfront Upgrade to Pool Lifeguard	National Lifeguard Service (NLS) – Pool Transfer to Red Cross Pool Lifeguard	Red Cross Pool Lifeguard Recertification
	<p>experience.</p> <ul style="list-style-type: none"> Lifeguard Instructors can facilitate the knowledge evaluation as legislation dictates and/or as candidates require. 		<p>require.</p>	
Post-course Requirements	None	None	None	None
Certification	<p>Required:</p> <ul style="list-style-type: none"> 2 years or as employer dictates 	<p>Required:</p> <ul style="list-style-type: none"> 2 years or employer dictates 	<p>Required:</p> <ul style="list-style-type: none"> 2 years or as employer dictates <p>Considerations:</p> <ul style="list-style-type: none"> Candidates completing this course would receive the Red Cross Pool Lifeguard certification. 	<p>Required:</p> <ul style="list-style-type: none"> 2 years or employer dictates
Other Notes	<p>Quality Management: Red Cross may monitor this course at any time. See the quality assurance section for more information, page 38.</p>	<p>Quality Management: Red Cross may monitor this course at any time. See the quality assurance section for more information, page 38.</p>	<p>Quality Management: Red Cross may monitor this course at any time. See the quality assurance section for more information, page 38.</p>	<p>Quality Management: Red Cross may monitor this course at any time. See the quality assurance section for more information, page 38.</p>

6.0 Red Cross Waterfront Lifeguard Course Standards

	Red Cross Waterfront Lifeguard	Red Cross Pool Lifeguard Upgrade to Waterfront Lifeguard	National Lifeguard Service(NLS)- Waterfront Transfer to Red Cross Waterfront Lifeguard	Red Cross Waterfront Lifeguard Recertification
Course Purpose	Professional lifeguard certification course for waterfronts. The course covers prevention and response to lifeguard emergencies specific to the Canadian waterfront, create a safe environment, work in teams, and handle public relations in a professional manner. The candidates are continuously evaluated throughout the course based on a standard evaluation criteria and complete final skills and knowledge assessments.			
Course Length	40 hours Considerations: <ul style="list-style-type: none"> Additional course sessions require additional time appropriate to the available equipment and the number of candidates. 	20 hours Considerations: <ul style="list-style-type: none"> Additional course sessions require additional time appropriate to the available equipment and the number of candidates. 	8 hours Considerations: <ul style="list-style-type: none"> Additional course sessions require additional time appropriate to the available equipment and the number of candidates. 	5 hours minimum Considerations: <ul style="list-style-type: none"> Additional course sessions require additional time appropriate to the available equipment and the number of candidates. The recertification may require more time. The time for the recertification is dependant upon the number of candidates, their ability to successfully demonstrate the skill and their level of experience in aquatics.
Instructor to	Maximum 1:12	Maximum 1:12	Maximum 1:12	Maximum 1:12

	Red Cross Waterfront Lifeguard	Red Cross Pool Lifeguard Upgrade to Waterfront Lifeguard	National Lifeguard Service(NLS)- Waterfront Transfer to Red Cross Waterfront Lifeguard	Red Cross Waterfront Lifeguard Recertification
Candidate Ratio				
Course Conductor	<ul style="list-style-type: none"> Current Red Cross Waterfront Lifeguard Instructor or Lifeguard Instructor Trainer <p>Considerations:</p> <ul style="list-style-type: none"> All the Red Cross Lifeguard Instructors examine and evaluate all skills and knowledge in a course. 	<ul style="list-style-type: none"> Current Red Cross Waterfront Lifeguard Instructor or Lifeguard Instructor Trainer <p>Considerations:</p> <ul style="list-style-type: none"> All the Red Cross Lifeguard Instructors examine and evaluate all skills and knowledge in a course. 	<ul style="list-style-type: none"> Current Red Cross Waterfront Lifeguard Instructor or Lifeguard Instructor Trainer <p>Considerations:</p> <ul style="list-style-type: none"> All the Red Cross Lifeguard Instructors examine and evaluate all skills and knowledge in a course. 	<ul style="list-style-type: none"> Current Red Cross Waterfront Lifeguard Instructor or Lifeguard Instructor Trainer <p>Considerations:</p> <ul style="list-style-type: none"> All the Red Cross Lifeguard Instructors examine and evaluate all skills and knowledge in a course.
Pre-requisite	<p>Required:</p> <ul style="list-style-type: none"> Current Standard First Aid with CPR level C or equivalent Red Cross Assistant Lifeguard <p>Considerations:</p> <ul style="list-style-type: none"> Candidates are required to meet legislation requirements for the operation of a motorized craft. AED is not required and can be taught in the course if the SFA comes from other recognized agencies (without AED). Assistant Lifeguard does 	<p>Required:</p> <ul style="list-style-type: none"> Current Standard First Aid with CPR level C or equivalent Current Red Cross Pool Lifeguard <p>Considerations:</p> <ul style="list-style-type: none"> Candidates are required to meet legislation requirements for the operation of a motorized craft. 	<p>Required:</p> <ul style="list-style-type: none"> Current Standard First Aid with CPR level C or equivalent Current National Lifeguard Service (NLS) - Waterfront certification current within 5 years <p>Considerations:</p> <ul style="list-style-type: none"> Candidates are required to meet legislation requirements for the operation of a motorized craft. 	<p>Required:</p> <ul style="list-style-type: none"> Current Standard First Aid with CPR level C or equivalent Red Cross Lifeguard certification taken within the last 5 years. <p>Considerations</p> <ul style="list-style-type: none"> The Red Cross Lifeguard certification does not need to be current, but would need to be taken within a 3 year grace period.

	Red Cross Waterfront Lifeguard	Red Cross Pool Lifeguard Upgrade to Waterfront Lifeguard	National Lifeguard Service(NLS)- Waterfront Transfer to Red Cross Waterfront Lifeguard	Red Cross Waterfront Lifeguard Recertification
	<p>not need to be current to take the Lifeguard course.</p> <ul style="list-style-type: none"> Candidates with a Red Cross Assistant Water Safety Instructor, Water Safety Instructor and/or First Aid Instructor certification(s) must take the entire course 		<ul style="list-style-type: none"> AED is not required and can be taught in the course if the SFA comes from other recognized agencies (without AED). 	
Minimum Age to Take The Course	<p>15 years</p> <p>Considerations:</p> <ul style="list-style-type: none"> Candidates must be 15 years of age on the first day of the course. Candidates can take the course at 15 years old; legislation will dictate when they can be hired. 	<p>15 years</p> <p>Considerations:</p> <ul style="list-style-type: none"> Candidates can take the course at 15 years old; legislation will dictate when they can be hired. 	<p>16 years old</p> <p>Considerations:</p> <ul style="list-style-type: none"> Candidates must be 16 years of age to hold National Lifeguard Certification (NLS). 	n/a
Pre-course Assignment	<p>None</p> <p>Considerations:</p> <ul style="list-style-type: none"> If observation assignment is being done before the course, then the observation assignment form must be available for the course. 	None	None	None
Candidate Materials	<p>Required:</p> <ul style="list-style-type: none"> Current Red Cross <i>Lifeguard Manual</i> <i>Red Cross CPR/AED</i> manual if they are coming in 	<p>Required:</p> <ul style="list-style-type: none"> Current Red Cross <i>Lifeguard Manual</i> Whistle & wrist bungee (or breakaway lanyard) 	<p>Required:</p> <ul style="list-style-type: none"> Current Red Cross <i>Lifeguard Manual</i> Red Cross <i>CPR/AED manual</i> if they are 	<p>Required:</p> <ul style="list-style-type: none"> All practical skills and scenarios of the full course Practice with feedback

	Red Cross Waterfront Lifeguard	Red Cross Pool Lifeguard Upgrade to Waterfront Lifeguard	National Lifeguard Service(NLS)- Waterfront Transfer to Red Cross Waterfront Lifeguard	Red Cross Waterfront Lifeguard Recertification
	<p>with another recognized First Aid Training Agency certification</p> <ul style="list-style-type: none"> Whistle & wrist bungee (or breakaway lanyard) <p>Recommended:</p> <ul style="list-style-type: none"> Red Cross Aquatic Fanny Pack Goggles, mask, fins Wet suit, as facility requires 	<p>Recommended:</p> <ul style="list-style-type: none"> Red Cross Aquatic Fanny Pack Goggles, mask, fins, Wet suit, as facility requires 	<p>coming in with another recognized First Aid Training Agency certification</p> <ul style="list-style-type: none"> Whistle & wrist bungee (or breakaway lanyard) <p>Recommended:</p> <ul style="list-style-type: none"> Red Cross Aquatic Fanny Pack Goggles, mask, fins Wet suit, as facility requires 	<ul style="list-style-type: none"> Perform skills & assessment Successfully complete knowledge evaluation Final scenarios Whistle & wrist bungee (or breakaway lanyard) <p>Recommended:</p> <ul style="list-style-type: none"> Red Cross Aquatic Fanny Pack Goggles, mask, fins, Wet suit, as facility requires
Course Training Materials	<p>Required:</p> <ul style="list-style-type: none"> Rescue tubes (127cm (50")long, 15.24cm (6") wide & 10.16cm (4") thick) – one rescue tube per two candidates Backboard with head immobilization device Reaching assists (two different types, this does not include the rescue tube) Throwing assists (two different types, one with a line and this does not include the rescue tube) Towel/blanket 	<p>Required:</p> <ul style="list-style-type: none"> Rescue tubes (127cm (50")long, 15.24cm (6") wide & 10.16cm (4") thick) – one rescue tube per two candidates Backboard with head immobilization device Reaching assists (two different types, this does not include the rescue tube) Throwing assists (two different types, one with a line and this does not include the rescue tube) Towel/blanket 	<p>Required:</p> <ul style="list-style-type: none"> Rescue tubes (127cm (50")long, 15.24cm (6") wide & 10.16cm (4") thick) – one rescue tube per two candidates Backboard with head immobilization device Reaching assists (two different types, this does not include the rescue tube) Throwing assists (two different types, one with a line and this does not include the rescue tube) Towel/blanket 	<p>Required:</p> <ul style="list-style-type: none"> Rescue tubes (127cm (50")long, 15.24cm (6") wide & 10.16cm (4") thick) – one rescue tube per two candidates Backboard with head immobilization device Reaching assists (two different types, this does not include the rescue tube) Throwing assists (two different types, one

	Red Cross Waterfront Lifeguard	Red Cross Pool Lifeguard Upgrade to Waterfront Lifeguard	National Lifeguard Service(NLS)- Waterfront Transfer to Red Cross Waterfront Lifeguard	Red Cross Waterfront Lifeguard Recertification
	<ul style="list-style-type: none"> • Practice first aid kit • One barrier device with oxygen inlet per candidate • One pair latex-free gloves per candidate • First Aid kit for an incident in the class • Adult ventilating mannequins and when doing AED, mannequins with full torso or a mannequin that can demonstrate proper AED pad placement. • AED Trainer • Epinephrine auto-injector trainer • Inhaler Trainer • Oxygen equipment • One mask, snorkel and fins for every candidate • Watercraft which includes one or more of the following: <ul style="list-style-type: none"> • Paddleboard • Rigid hulled inflatable craft • Surf board • Sail board • Canoe 	<ul style="list-style-type: none"> • Practice first aid kit • One barrier device with oxygen inlet per candidate • One pair latex-free gloves per candidate • First Aid kit for an incident in the class • Adult ventilating mannequins and when doing AED, mannequins with full torso or a mannequin that can demonstrate proper AED pad placement. • AED Trainer • Epinephrine auto-injector trainer • Inhaler Trainer • Oxygen equipment • One mask, snorkel and fins for every candidate • Watercraft which includes one or more of the following: <ul style="list-style-type: none"> • Paddleboard • Rigid hulled inflatable craft • Surf board • Sail board • Canoe 	<ul style="list-style-type: none"> • Practice first aid kit • One barrier device with oxygen inlet per candidate • One pair latex-free gloves per candidate • First Aid kit for an incident in the class • One mask, snorkel and fins for every candidate • Watercraft which includes one or more of the following: <ul style="list-style-type: none"> • Paddleboard • Rigid hulled inflatable craft • Surf board • Sailboard board • Canoe • Personal water craft <p>Recommended:</p> <ul style="list-style-type: none"> • Ratio with the backboard would be one board to six candidates • Rescue mannequin • Simulation kit • Flip chart or dry erase board 	<p>with a line and this does not include the rescue tube)</p> <ul style="list-style-type: none"> • Towel/blanket • Practice first aid kit • One barrier device with oxygen inlet per candidate • One pair latex-free gloves per candidate • First Aid kit for an incident in the class • Adult ventilating mannequins and when doing AED, mannequins with full torso or a mannequin that can demonstrate proper AED pad placement. • AED Trainer • Epinephrine auto-injector trainer • Inhaler Trainer • Oxygen equipment • One mask, snorkel and fins for every candidate • Watercraft which includes one or more of the following: <ul style="list-style-type: none"> • Paddleboard

	Red Cross Waterfront Lifeguard	Red Cross Pool Lifeguard Upgrade to Waterfront Lifeguard	National Lifeguard Service(NLS)- Waterfront Transfer to Red Cross Waterfront Lifeguard	Red Cross Waterfront Lifeguard Recertification
	<ul style="list-style-type: none"> Personal water craft <p>Recommended:</p> <ul style="list-style-type: none"> Ratio with the backboard would be one board to six candidates Rescue mannequin Simulation kit Flip chart or dry erase board Office supplies <p>Considerations:</p> <ul style="list-style-type: none"> Candidates must have their pleasure craft operator card to operate a motorized craft 	<ul style="list-style-type: none"> Personal water craft <p>Recommended:</p> <ul style="list-style-type: none"> Ratio with the backboard would be one board to six candidates Rescue mannequin Simulation kit Flip chart or dry erase board Office supplies <p>Considerations:</p> <ul style="list-style-type: none"> Candidates must have their pleasure craft operator card to operate a motorized craft 	<ul style="list-style-type: none"> Office supplies 	<ul style="list-style-type: none"> Rigid hulled inflatable craft Surf board Windsurfing board Canoe <ul style="list-style-type: none"> Personal water craft <p>Recommended:</p> <ul style="list-style-type: none"> Ratio with the backboard would be one board to six candidates Rescue mannequin Simulation kit Flip chart or dry erase board Office supplies <p>Considerations:</p> <ul style="list-style-type: none"> Candidates must have their pleasure craft operator card to operate a motorized craft
Course Content	<ul style="list-style-type: none"> Introduction and The Red Cross The Professional Lifeguard The Aquatic Environment Communication and Injury Prevention 	<ul style="list-style-type: none"> Introduction The Aquatic Environment Communication and Injury Prevention Supervision and Surveillance 	<ul style="list-style-type: none"> Rescue Skills Head and Spine Injuries Responding to Aquatic Emergencies 	<ul style="list-style-type: none"> All practical skills and scenarios of the full course Practice with feedback Perform skills & assessment

	Red Cross Waterfront Lifeguard	Red Cross Pool Lifeguard Upgrade to Waterfront Lifeguard	National Lifeguard Service(NLS)- Waterfront Transfer to Red Cross Waterfront Lifeguard	Red Cross Waterfront Lifeguard Recertification
	<ul style="list-style-type: none"> Supervision and Surveillance Rescue Skills Head and Spine Injuries Responding to Aquatic Emergencies <ul style="list-style-type: none"> AED must be taught to candidates who do not have these skills. Healthy Aquatic Environments On The Job <p>Considerations:</p> <ul style="list-style-type: none"> A detailed course plan can be found in the Lifeguard Instructor Manual 	<ul style="list-style-type: none"> Rescue Skills Head and Spine Injuries Responding to Aquatic Emergencies <p>Considerations:</p> <ul style="list-style-type: none"> A detailed course plan can be found in the Lifeguard Instructor Manual 	<ul style="list-style-type: none"> AED must be Taught to candidates who do not have these skills. Final scenarios <p>Considerations:</p> <ul style="list-style-type: none"> All candidates must be taught AED component if not already trained Oxygen administration is part of the course A detailed course plan can be found in the Lifeguard Instructor Manual 	<ul style="list-style-type: none"> Successfully complete knowledge evaluation Final scenarios
Legislative Requirements	<ul style="list-style-type: none"> Federal, provincial/territorial workplace legislation can be found at: www.redcross.ca/lifeguardlegislation The candidates will be taught all of the skills in the course, but may only perform the skills they are legislated/regulated to perform when they are employed. 	<ul style="list-style-type: none"> Federal, provincial/territorial workplace legislation can be found at: www.redcross.ca/lifeguardlegislation The candidates will be taught all of the skills in the course, but may only perform the skills they are legislated/regulated to perform when they are employed. 	<ul style="list-style-type: none"> Federal, provincial/territorial workplace legislation can be found at: www.redcross.ca/lifeguardlegislation The candidates will be taught all of the skills in the course, but may only perform the skills they are legislated/regulated to perform when they are employed. 	<ul style="list-style-type: none"> Federal, provincial/territorial workplace legislation can be found at: www.redcross.ca/lifeguardlegislation The candidates will be taught all of the skills in the course, but may only perform the skills they are legislated/regulated to perform when they are employed.

	Red Cross Waterfront Lifeguard	Red Cross Pool Lifeguard Upgrade to Waterfront Lifeguard	National Lifeguard Service(NLS)- Waterfront Transfer to Red Cross Waterfront Lifeguard	Red Cross Waterfront Lifeguard Recertification
Completion Criteria	<p>Required:</p> <ul style="list-style-type: none"> • Continuous evaluation • Demonstrate competency in all required skills and activities • Demonstrate competency in the final scenarios. • Ability to comprehend and successfully demonstrate the skills and pass a knowledge evaluation with a minimum mark of 75%. • Participate and attend in 100% of the course • Complete two hours of Waterfront Lifeguard observation, this must be attached to a course and an Instructor who can follow up and track the candidates' completion. <p>Considerations:</p> <ul style="list-style-type: none"> • This course would not be retesting any first aid skills and would not be used as a means to revoke any first aid certifications. <ul style="list-style-type: none"> • The observation 	<p>Required:</p> <ul style="list-style-type: none"> • Continuous evaluation • Demonstrate competency in all required skills and activities • Demonstrate competency in the final scenarios. • Ability to comprehend and successfully demonstrate the skills and pass a knowledge evaluation with a minimum mark of 75% • Participate and attend in 100% of the course <p>Considerations:</p> <ul style="list-style-type: none"> • This course would not be retesting any first aid skills and would not be used as a means to revoke any first aid certifications. • Preference is to have candidates complete observation hours at one time to get the full experience <ul style="list-style-type: none"> • Instructors can facilitate 	<p>Required:</p> <ul style="list-style-type: none"> • Continuous evaluation • Demonstrate competency in all required skills and activities • Demonstrate competency in the final scenarios. • Ability to comprehend and successfully demonstrate the skills and pass a knowledge evaluation with a minimum mark of 75% • Participate and attend in 100% of the course <p>Considerations:</p> <ul style="list-style-type: none"> • This course would not be a retesting any first aid skills and would not be used as a means to revoke any first aid certifications. <ul style="list-style-type: none"> • Lifeguard Instructors 	<p>Required:</p> <ul style="list-style-type: none"> • Continuous evaluation • Demonstrate competency in all required skills and activities • Demonstrate competency in the final scenarios. • Ability to comprehend and successfully demonstrate the skills and pass a knowledge evaluation with a minimum mark of 75%. • Participate and attend in 100% of the course <p>Considerations:</p> <ul style="list-style-type: none"> • This course would not be a retesting any first aid skills and would not be used as a means to revoke any first aid certifications. <ul style="list-style-type: none"> • Lifeguard Instructors

	Red Cross Waterfront Lifeguard	Red Cross Pool Lifeguard Upgrade to Waterfront Lifeguard	National Lifeguard Service(NLS)- Waterfront Transfer to Red Cross Waterfront Lifeguard	Red Cross Waterfront Lifeguard Recertification
	<p>assignment can be done before, during or after the course.</p> <ul style="list-style-type: none"> The roles and responsibilities for the observation are on the candidates observation assignment form. Preference is to have candidates complete observation hours at one time to get the full experience Instructors can facilitate the knowledge evaluation as legislation dictates and/or as candidates require. Lifeguard Instructors can facilitate the knowledge evaluation as legislation dictates and/or as candidates requires. 	<p>the knowledge evaluation as legislation dictates and/or as candidates require</p> <ul style="list-style-type: none"> Lifeguard Instructors can facilitate the knowledge evaluation as legislation dictates and/or as candidates requires. 	<p>can facilitate the knowledge evaluation as legislation dictates and/or as candidates requires.</p>	<p>can facilitate the knowledge evaluation as legislation dictates and/or as candidates require.</p>
Post-course Requirements	<p>Required:</p> <ul style="list-style-type: none"> Observation assignment, if not completed in the course 	None	None	None
Certification	<p>Required:</p> <ul style="list-style-type: none"> 2 years or as employer dictates 	<p>Required:</p> <ul style="list-style-type: none"> 2 years or employer dictates 	<p>Required:</p> <ul style="list-style-type: none"> 2 years or employer dictates 	<p>Required:</p> <ul style="list-style-type: none"> 2 years or as employer dictates

	Red Cross Waterfront Lifeguard	Red Cross Pool Lifeguard Upgrade to Waterfront Lifeguard	National Lifeguard Service(NLS)- Waterfront Transfer to Red Cross Waterfront Lifeguard	Red Cross Waterfront Lifeguard Recertification
			<p>Considerations:</p> <ul style="list-style-type: none"> Candidates completing this course would receive the Red Cross Waterfront Lifeguard certification. 	
Other Notes	<p>Quality Management: Red Cross may monitor this course at any time. See the quality assurance section for more information, page 38.</p>	<p>Quality Management: Red Cross may monitor this course at any time. See the quality assurance section for more information, page 38.</p>	<p>Quality Management: Red Cross may monitor this course at any time. See the quality assurance section for more information, page 38.</p>	<p>Quality Management: Red Cross may monitor this course at any time. See the quality assurance section for more information, page 38.</p>

7.0 Red Cross Assistant Lifeguard Instructor, Lifeguard Instructor and Lifeguard Instructor Trainer Responsibilities

When the term Red Cross Lifeguard Instructor is used throughout this section it will refer to the Red Cross Assistant Lifeguard Instructor, Red Cross Lifeguard Instructor and Red Cross Lifeguard Instructor Trainer, unless specifically stated otherwise.

All Instructor candidates, prior to enrolling in the Instructor course, must meet all of the prerequisites and to complete the course, must meet all the course completion requirements, co-teach and evaluation criteria. All of the details for the course are found in section 10.0 – 14.0.

All Instructor candidates must meet the prerequisites and complete all the course completion requirements listed below:

Before the course:

1. Successful completion of a skills testing before the start of the course and provide proof of the required prerequisites. The skills evaluation criteria can be found on the course Skills Worksheet(s).

During the course:

2. Successful completion of the Lifeguard Instructor course in accordance with the Red Cross Instructor course evaluation criteria.
3. The Lifeguard Instructor and Lifeguard Instructor Trainer course will include practise teaching exercises including demonstrating how to teach candidates to teach the Lifeguard or Lifeguard Instructor program.

Following the course:

4. A co-teach may be required to gain experience and practise the teaching skills learned in the Instructor's course. If necessary, the Lifeguard Instructor Trainer will determine the requirements for co-teach. Co-teaching assignments will be assigned based on an evaluation of the candidate's skills and experience. All required co-teaches are to be done with a current Red Cross Lifeguard Instructor or Lifeguard Instructor Trainer. The course Lifeguard Instructor Trainer may designate a specific supervising Lifeguard Instructor or Lifeguard Instructor Trainer for the Lifeguard Instructor candidates' co-teach. All co-teaches will be evaluated based on the criteria outlined in the Red Cross Lifeguard Instructor co-teach form.
5. Demonstrate a clear understanding of the Red Cross Lifeguard standards and procedures relative to Lifeguard training including the process for certification, quality assurance, recertification, and issue management including the revocation of Red Cross Lifeguard Instructor status.

6. The Canadian Red Cross Lifeguard Instructor is certified for a two (2) year period unless the certification is revoked prior to the expiry of the certification period by the application of the Canadian Red Cross revocation policy for Instructors.

Note: Consideration may be given to the candidate's participation in other Lifeguarding related activities such as program development, promotional presentations, etc.

7.1 Recertification

The Canadian Red Cross certifies all Red Cross Lifeguard Instructors for a two year period unless the certification is revoked prior to the expiry of the certification period by the application of the Canadian Red Cross Standards for Revocation of Lifeguard Instructor certifications.

The recertification process for Red Cross Lifeguard Instructor, which occurs every two years, is necessary for quality assurance in the instruction of Red Cross Lifeguard courses. The recertification designation is proof that all requirements have been met and that the Lifeguard Instructor is recertified and eligible to offer Red Cross Lifeguard courses to the public for an additional two year period, unless the designation is otherwise revoked in accordance with National Standards for Revocation of Lifeguard Instructor/Lifeguard Instructor Trainer certifications.

The Lifeguard Instructor enrolling in the Lifeguard Instructor recertification session must meet the prerequisites and training requirements listed in the table later in this document.

Remote Recertification

The purpose of the remote clause is to ensure the Lifeguard Instructor training needs of the community are being addressed by providing an alternate method of recertification for Instructors living in remote or isolated communities. **This clause is to be used only in exceptional cases and is not to be considered a standard practice.**

In order to qualify to recertify under the remote clause, the Lifeguard Instructor must live in a remote or isolated community. This is defined as a community that:

1. Is not within two hours of an urban centre (population greater than 1000), and is only accessible by car using winter roads and/or by boat in summer;
2. Has no current Instructor Trainer(s) living within driving distance; and,
3. Does not have regularly scheduled recertification workshops (once every two years) in the vicinity.

The remote recertification process is the same as the Lifeguard Instructor recertification process with the following exceptions:

1. The Lifeguard Instructor would contact the Red Cross in advance and get written permission to recertify their certification remotely and not attend a regularly scheduled recertification.
2. The Lifeguard Instructor who wishes to activate the remote clause for recertification purposes must have successfully completed a professional development opportunity and had it pre-approved by Red Cross. Red Cross will evaluate the professional development opportunities within the remote community.
3. The "remote" Lifeguard Instructor will receive the same recertification package that all other Lifeguard Instructors receive at workshops. A special assignment will accompany the package, requesting information and answers, demonstrating the recertification package has been read and understood. The assignment will be returned to and checked by Red Cross or a designated Lifeguard Instructor Trainer/MIT.
4. Lifeguard Instructors living in remote communities will be permitted to have skills testing (as required) completed in his/her community. Red Cross will designate an evaluator or have the skills performed

on videotape or another pre-approved method and forwarded to a Lifeguard Instructor Trainer/MIT for evaluation.

5. Lifeguard Instructors living in remote communities are required to attend a recertification workshop once every six years or when the program undergoes major revisions. Other networking opportunities will be strongly encouraged and/or supported by Red Cross which may include the telephone, Internet, committees, etc.

7.2 Expiry of Certifications

Once a Lifeguard Instructor and/or Lifeguard Instructor Trainer certification expires, the person will no longer be able to instruct until the person completes one of the following options:

1. If the certification has expired for less than five years, and the person wants to instruct again, the person will need to attend a recertification course, if there have been no major changes in the program. The person must meet the prerequisites for the Instructor course (page 49-65 of this document). If there are concerns with the person's teaching abilities a co-teach may be necessary, and would be assigned at the discretion of the Lifeguard Instructor Trainer/MIT teaching the recertification. A co-teach form, outlining the co-teach requirements will be filled out by the Lifeguard Instructor Trainer/MIT.
2. If the certification has been expired for five years or more, the person will be required to take a complete Lifeguard Instructor or Instructor Trainer course. Co-teaching, if necessary, would be at the discretion of the Lifeguard Instructor Trainer teaching the Lifeguard Instructor course.

7.3 Certification Extension

In order to qualify for an extension of the Instructor certification, the person must have a current Red Cross Lifeguard certification before the Lifeguard Instructor certification is considered for an extension. The instructor certification extension will be current only as long as the Lifeguard certification is current. In all cases, extensions must meet the legislative requirements of the province/territory the person is working in.

Certification extensions will be granted only in the event of the following:

1. Pre-approval by the Canadian Red Cross.
2. Cancellation of a recertification workshop by the facility, Red Cross or the Lifeguard Instructor.
3. Extenuating circumstances beyond the control of the candidate, i.e., death in the immediate family, medical reasons. Medical documentation is required for illness.
4. A request for a recertification workshop is made more than one-month prior to the workshop date and all workshops are full. Extensions may be issued up to a maximum of six months.

7.4 National Certification

Canadian Red Cross Lifeguard Instructor certifications are valid across Canada. It is not necessary to transfer certifications if the Instructor moves. Instructors should update their contact information anytime they move. Instructors will also need to familiarize themselves with the provincial/territorial legislations and regulations, so they are meeting workplace requirements. Lifeguard Instructors moving from one provincial/territorial jurisdiction to another are asked to contact Red Cross to ensure they are aware of current local protocols.

7.5 Card Replacements

The Lifeguard Instructor must sign his/her card and retain it as proof of certification. Lifeguard Instructors needing to replace a card can do so through the Red Cross Contact Centre. A fee will be charged for the replacement card. Contact your local Red Cross Contact Centre to get the replacement.

8.0 Quality Assurance

The Canadian Red Cross wants to ensure that Lifeguard courses are of the highest quality and meet all of the standards of the Society. Quality assurance is a step in an ongoing process to ensure the best lifeguard programs are delivered in Canada. **Red Cross expects Instructors/Instructor Trainers to teach the courses according to the standards listed in this guide, the participant manuals, and the Instructor/Instructor Trainer manuals.** If quality is not maintained it may result in the revocation of the Instructor/Instructor Trainer's certification(s).

The Red Cross may choose to assess the quality of your course in any of the following ways:

1. Red Cross may have a representative monitor a course at any time, without notice.
2. Red Cross may follow-up with the participants listed on a roster and ask them questions about how the course was conducted.
3. Participants of the course will be invited to contact the Red Cross directly and provide feedback on the courses.
4. Red Cross may review the course evaluation forms that the participants fill out in the course, which are handed into Red Cross.
5. A Red Cross representative could request a skills testing of the Instructor/Instructor Trainer at any time, without notice.

If problems are identified, the Red Cross will work with the Instructor to solve the problems to ensure that the quality of the course is meeting the expected standards. The seriousness of the problem will determine the action that needs to be taken. At all times Red Cross will attempt to resolve the matter to the satisfaction of all parties involved. If the problems are not resolved then steps will be taken to revoke the Instructor/Instructor Trainer's certification.

9.0 Issue Management and Resolution Process

The severity of the matter will determine the level of investigation required and every attempt will be made to resolve the matter as quickly as possible. Any Canadian Red Cross Instructor/Instructor Trainer may have the Instructor/Instructor Trainer certification revoked with justification.

Instructor/Instructor Trainers are responsible to uphold all responsibilities as outlined in:

- The Canadian Red Cross Code of Conduct
- Legal Responsibilities
- The Healthy Teaching Practices
- Red Cross Lifeguard National Program Standards

Failure to do so may result in the revocation of his/her certification with the Canadian Red Cross.

The revocation of the Instructor/Instructor Trainer designation will normally occur with justification when an Instructor/Instructor Trainer does not or will not abide by the Canadian Red Cross standards, policies, or procedures or in some way abuses the position of Canadian Red Cross Instructor/Instructor Trainer. It is possible, in this process, to have more than one certification revoked, and if applicable, the Authorized Provider status may be reviewed and revoked as well.

9.1 Steps for Issue Management

Every complaint about the conduct of an Instructor/Instructor Trainer will be acknowledged and reviewed. Any of the Quality Assurance practices listed above may be initiated without notice. Complaints will only be escalated to the extent required, and not all complaints will require all the steps of the issue management process. Except as provided for in section 18 under the heading *Documentation Required during the Issue Management Process*, the identity of a complainant will be kept confidential if so requested.

All serious complaints against an Instructor/Instructor Trainer will be investigated. A “serious” complaint is one that:

- Involves conduct that could place at risk personal safety or property interests or the integrity and reputation of the Program and/or the Red Cross,
- Is made against an Instructor/Instructor Trainer whose file indicates previously documented breaches of applicable standards, or two or more prior similar complaints of a non-serious nature, whether or not resolved at the time,
- Alleges that an Instructor/Instructor Trainer has been suspended or decertified by another agency with respect to instruction/training of a similar nature within a program of that other agency, or
- Alleges that an Instructor/Instructor Trainer has failed to comply with a condition imposed by a hearing panel under step 9e of these Steps.

The following steps will be taken to address a complaint:

1. A staff or volunteer will document the complaint and forward it to his/her supervisor or to another person responsible for follow up. That person will review the complaint and determine the nature of the follow-up required.
2. If the review indicates that the complaint is not serious, an attempt will be made to resolve the issue through discussion and education. The process and outcome will be documented and all documents

filed in an Instructor/Instructor Trainer file (paper or electronic). If the complaint cannot be resolved, a notation shall be made in the file that the complaint was not resolved. Where a second similar complaint is received, then whether or not the matter is resolved, a letter will be sent to the Instructor/Instructor Trainer notifying him or her that a third similar complaint will be treated as a serious complaint and investigated as such.

3. If the complaint is determined to be serious, it must be brought to the attention of the Zone Director or his/her designate.
4. If the Zone Director or designate agrees that the complaint is serious, he or she must initiate contact with the Instructor/Instructor Trainer within 10 business days of learning of the complaint. The purpose of the initial contact is to outline the process that will be followed and discuss next steps for the investigation. The feedback will be given verbally unless requested in another form by the Instructor/Instructor Trainer.
5. The initial contact will be documented and placed in the investigation file.
6. The Instructor/Instructor Trainer will be encouraged to respond in writing to the complaint.
7. The certification in question will be suspended by the Zone Director or designate during the investigation if
 - a. the Zone Director or designate considers, in his/her opinion, that not suspending certification could place at risk personal safety or property interests or the integrity and reputation of the Program and/or the Red Cross.
 - b. the complaint concerns conduct unbecoming or offensive to the Fundamental Principles of the Red Cross and directly related to his/her duties as an Instructor/Instructor Trainer.
 - c. the Instructor/Instructor Trainer's teaching or Lifeguard skills have been placed in question.
8. If the complaint cannot be resolved during the investigation then a hearing will take place. A hearing panel will be formed and be composed of a Zone staff person from the Human Resources Department, a volunteer or staff associated with the Red Cross Lifeguard program, and the Zone President or his or her designate.
9. The panel is to review the complaint and determine the most appropriate course of action:
 - a. When the panel finds ineffective teaching by the Instructor/Instructor Trainer, the Instructor/Instructor Trainer will be notified that he or she must not teach until he or she can successfully complete a Co-Teach by a designated Instructor/Instructor Trainer. If the Instructor/Instructor Trainer refuses to complete the Co-Teach or fails to successfully complete the Co-Teach, his or her Instructor/Instructor Trainer designation will be revoked for a one year period. At the end of one year, the individual may enrol once again in an Instructor/Instructor Trainer course and should he or she successfully complete the course, he or she will be granted a 1 year Instructor/Instructor Trainer designation. At the end of one year, he or she will once again be evaluated and will be required to enrol in the Instructor/Instructor Trainer recertification workshop, which he or she must successfully complete, and upon such successful completion will be reinstated, as a Red Cross Lifeguard Instructor/Instructor Trainer.
 - b. If it is established, after a hearing, that the Instructor/Instructor Trainer has wilfully or recklessly taught participants improper Lifeguard techniques or has committed an act considered serious, his or her Instructor/Instructor Trainer designation will be revoked with no possibility of reinstatement.
 - c. If it is established, after a hearing, that the Instructor/Instructor Trainer has wilfully used the Canadian Red Cross for personal gain or to conduct illegal activities or otherwise, his or her Instructor/Instructor Trainer designation will be revoked with no possibility of reinstatement.
 - d. If it is established, after a hearing, that the Instructor/Instructor Trainer has been discovered working under the effects of alcohol or drugs, and it is shown that these effects directly affected his or her abilities as an Instructor/Instructor Trainer, his or her Instructor/Instructor Trainer designation will be revoked. If after an appropriate period of time, the individual

would like to become an Instructor/Instructor Trainer again the person must prove that he/she has successfully dealt with his/her addiction and must take an appropriate course designated by the Zone Director before reinstatement.

- e. If the panel finds that a complaint has been substantiated and the circumstances are outside the provisions of paragraphs a. to d., it may impose a suspension of certification for a period of up to 2 years, to be followed by a successful reapplication for certification before certification is restored. The hearing panel may, in its absolute discretion, stay the period of suspension and impose conditions upon which the Instructor/Instructor Trainer may remain certified, subject to full compliance with the conditions imposed. Non-compliance with any condition results in the reinstatement of the suspension imposed by the hearing panel.
10. The panel may consult the Red Cross Legal Department on any legal question that arises during the hearing and the decision of the panel will be in writing setting out the reasons for the decision.

Criminal matters

1. Whether or not a complaint has been made, the Instructor/Instructor Trainer certification will be suspended where the Instructor/Instructor Trainer has been accused by law enforcement authorities of a crime involving sexual contact of any kind, assault, fraud, theft, embezzlement or any other offence that, in the opinion of the Zone Director or designate, could place at risk personal safety or property interests or the integrity and reputation of the Program and/or the Red Cross. The suspension will remain in place until the criminal matter has been finally disposed of.
2. The Instructor/Instructor Trainer certification will be revoked if the Instructor/Instructor Trainer is convicted of an offence referred to in the previous section. The revocation will be rescinded if the conviction is overturned on appeal. The individual may reapply for certification upon serving sentence for the offence. Consideration will be given to such application in light of all the circumstances of the offence, and special conditions may be imposed by the Zone Director.

General

1. Any decision of a Zone Director or designate under section 7, 11 or 12 may be reviewed by a hearing panel.
2. Suspension or revocation of certification of an Instructor/Instructor Trainer under these procedures may also result in suspension or revocation of the individual's Authorized Provider status, if held by the individual.

Documentation Required During the Issue Management Process

- The serious complaint will be documented and all of the steps taken in the investigation need to be documented in a file.
- Formal written evaluations of the Instructor/Instructor Trainer and an acknowledgement signed by the Instructor/Instructor Trainer confirming that he or she has been provided with a copy of the evaluation will also be contained in the file.
- Copies of all written complaints, investigation results, and responses provided by the Instructor/Instructor Trainer will be included in the Instructor/Instructor Trainer file, as well as all other documents and information that are deemed necessary by the Canadian Red Cross Society from time to time. Except as required or permitted by law, information in the file will not be communicated to a third party without the individual Instructor/Instructor Trainer's written permission detailing what, if any, information may be released to the third-party inquirer.
- An Instructor/Instructor Trainer can request to see their file; however, the confidentiality of any names of other individuals, including a complainant, will be maintained unless express written permission to disclose their information has been received in advance and permission is granted or,

in the absolute discretion of a hearing panel, the fairness of the process requires disclosure of the identity of a complainant.

- The decision will be included in the Instructor/Instructor Trainer's file.
- Names of Instructors/Instructor Trainers whose certifications have been suspended or revoked are to be forwarded to The National Office for circulation among all Zones.

Instructor/Instructor Trainer's Healthy Teaching Practices

The Canadian Red Cross has a responsibility to safeguard the health and safety of participants enrolled in any Canadian Red Cross course. The materials and procedures found in the Lifeguard Programs reflect this concern.

As an Instructor/Instructor Trainer, one of your responsibilities is to protect participants from health risks. The procedure outlined here is designed to: limit the risk of any strenuous practise that could cause injury or sudden illness; limit the risk of transmission of communicable diseases; and limit the risk of one participant injuring another when practising on a partner.

9.2 Physical Activity

Participants and Instructor/Instructor Trainer Candidates must be made aware of the following at the start of every Canadian Red Cross Red Cross Lifeguard course.

For most people, the physical activity involved in a Red Cross Lifeguard course should not pose a threat to your health. There are a small number of people who may find the physical activities in this course strenuous. If you have any of the health conditions listed below, we recommend that you do not participate in the skills practise and demonstration involving physical activity until you have checked with your personal physician.

- A history of a heart attack or other heart conditions
- Respiratory problems
- Are pregnant
- If you are unsure if you should participate in any aspect of the course involving physical activity, please see your course conductor before the course begins. Should you wish to remain in the course but cannot perform all of the required skills; you cannot successfully complete the course and receive certification.

9.3 Prevention of Disease Transmission

Prevention of disease transmission (PDT) and hand washing components must be included in every Canadian Red Cross Red Cross Lifeguard course. Good hygiene is important in Red Cross Lifeguard because unhygienic practices can pass on many infections. Individuals who are infected with a contagious disease should use their own mannequin and all precautions should be taken to reduce the exposure to other participants.

9.4 Ventilating a mannequin

In Canadian Red Cross non-certification courses, candidates are not required to demonstrate Rescue Breathing but must be able to describe how to make an effective seal and inflations.

All certification course participants have to ventilate into the mannequin to show the Instructor proper technique. Participants are encouraged to use a **mouth barrier device** or bring a family member to demonstrate these skills. **Note:** Although a participant may not currently be a designated responder, this duty may be accepted by the participant in the future and should be considered when demonstrating effective ventilation.

Red Cross Lifeguard Instructors must demonstrate to the participants by ventilating into the mannequin with a barrier device. When demonstrating this skill to participants, the Red Cross Lifeguard Instructor will use only barrier devices suitable for the mannequin being used.

When Instructors are recertifying their Red Cross Lifeguard Instructor certifications, they must bring a barrier device to the recertification and demonstrate to the Instructor Trainer that they are able to ventilate the mannequin properly with this device.

9.5 Red Cross Lifeguard Equipment Cleaning and Decontamination

It is the responsibility of the Red Cross Lifeguard Instructor/Instructor Trainer to ensure that all the equipment used during the course is clean and safe for use. Some mannequins have disposable plastic bags that come out of the mouth and cover the mannequin's face. Others have individual faces that you can put on before each person's practise and take off after the person has finished. Only use equipment models that can be decontaminated after class according to the recommendations below.

Equipment decontamination must be completed after each session for the following equipment:

- Mannequins
- Pocket Masks
- Re-usable Barrier Devices
- Any other equipment that comes into contact with body fluids.

For example, if you use mannequins on a Friday evening, you must disassemble and clean them at the conclusion of the Friday session. If you are using the same mannequins again on the Saturday, they must be thoroughly cleaned again. This is the responsibility of the Instructor/Instructor Trainer to ensure the safety of the course participants and cannot be considered an option.

Other Red Cross Lifeguard equipment such as bandages and cloths off the dolls should be washed after each class, so that they look clean for the next class.

Mannequin and Barrier Device Decontamination during Class

The best way to ensure that participants have clean equipment is to use one piece of equipment for each participant. When it is not possible to meet these ratios you should decontaminate mannequins during use with a decontaminating solution, such as an alcohol wipe. During practise sessions, each participant must clean the mannequin's entire face and the inside of its mouth after use. Demonstrate the procedure that they should use:

1. Wipe the mannequin's face with an alcohol wipe.
2. Allow the alcohol to air dry, because blowing on the device will recontaminate the devices you are trying to decontaminate.
3. Throw away the alcohol wipe.

Instructor Note: Alcohol wipes should be readily available if participants choose to use them before and during class.

Mannequin and Barrier Device Decontamination after Class

As soon as possible after the end of each class session, clean all mannequins properly. You will need:

- Decontaminating solution
- Gauze pads
- A baby bottle brush

- Soap and water
 - Basins or buckets
 - Non-sterile disposable gloves
 - Any other supplies recommended by the mannequin manufacturer
 - Safety equipment for the person(s) cleaning the equipment
1. Follow all Workplace Hazardous Materials Information System (WHMIS) and wear appropriate safety equipment, when cleaning equipment and using decontamination solutions.
 2. Follow the manufacturer's recommendations for taking apart the mannequin correctly.
 3. Scrub each part with warm soapy water, rinse it, and decontaminate it with the decontaminating solution. It is just as important to scrub vigorously with soap and water as it is to scrub with bleach.
 4. Wash the mannequin's body, hair, and clothes periodically to keep the mannequins clean and attractive.

Mannequin Decontaminating Solution

1. To prepare 1:10 bleach solution add one volume of household bleach (e.g. 1 litre) to nine volumes of clean water (e.g. 9 litres).*
2. Make a new solution for each class and throw it out after you've used it.
3. Do not use scented bleach because the perfume may leave a taste on the plastic.
4. When soaking equipment in the bleach solution, let it sit for 10 minutes.
5. Since some people find bleach objectionable, you can use a 70% alcohol solution (isopropanol or ethanol) instead. Although alcohol kills many bacteria and viruses, there are some that it will not kill. However, if you scrub the mannequin's face vigorously with 70 percent alcohol and a clean gauze pad, it is highly unlikely that any infectious disease will be transmitted.

* World Health Organization (WHO). Collecting, preserving and shipping specimens for the diagnosis of avian influenza A(H5N1) virus infection. Guide for field operations, 2006; Annex 7 Disinfection. Available at <http://www.who.int/csr/resources/publications/surveillance/Annex7.pdf> (accessed November 7, 2007)

10.0 Red Cross Assistant Lifeguard Instructor Course Standards

	Red Cross Assistant Lifeguard Instructor
Course Purpose	Instructor certification course that prepares Water Safety Instructors to teach the Red Cross Assistant Lifeguard course.
Course Length	4 hours of teaching Considerations: <ul style="list-style-type: none"> • Skills testing would not be included in the course and candidates need to have skills required in the Red Cross Lifeguard before taking the Assistant Lifeguard Instructor course.
Assistant Lifeguard Instructor to Candidate Ratio	1:16
Course Conductor	Current Red Cross Lifeguard Instructor or Lifeguard Instructor Trainer
Pre-requisite	Required: <ul style="list-style-type: none"> • Current Red Cross Lifeguard AND • Current Standard First Aid with CPR level C or equivalent AND • Red Cross Water Safety Instructor, taken within the last 5 years. Recommended: <ul style="list-style-type: none"> • Candidate materials distributed two weeks in advance of the course to enable a review of the most difficult skills. Considerations: <ul style="list-style-type: none"> • Only having a Lifesaving Instructor certification is not equivalent to a Water Safety Instructor award and does not meet the pre-requisites for this course.
Minimum Age to Take The Course	16 years of age

Red Cross Assistant Lifeguard Instructor	
Pre-course Assignment	None
Candidate Materials	<p>Required:</p> <ul style="list-style-type: none"> • Assistant Lifeguard Workbook • Assistant Lifeguard Instructor Supplement & electronic files • Whistle & wrist bungee (or breakaway lanyard) <p>Recommended:</p> <ul style="list-style-type: none"> • Red Cross Aquatic Fanny Pack
Course Training Materials	<p>Required:</p> <ul style="list-style-type: none"> • All candidate level course training materials and equipment
Course Content	<ul style="list-style-type: none"> • Introduction & Red Cross Lifeguard National Program Standards • Instructional Techniques • Evaluation and Scenarios • Organizing the Course <p>Considerations:</p> <ul style="list-style-type: none"> • A detailed course plan can be found in the Lifeguard Instructor Manual
Legislative Requirements	<ul style="list-style-type: none"> • Federal, provincial and territorial workplace legislation can be found at: www.redcross.ca/lifeguardlegislation • The candidates will be taught all of the skills in the course, but may only perform the skills they are legislated/regulated to perform when they are employed. • In order to recertify a Water Safety Instructor certification (WSI) in Ontario the Instructional Emergency Response (IER) skills would need to be tested to meet legislation.
Completion Criteria	<ul style="list-style-type: none"> • Ability to comprehend and successfully demonstrate excellent Assistant Lifeguard Skills. • Meet all of the course evaluation criteria • Successfully complete a co-teach, if required. • Adhere to the Code of Conduct, Legal Responsibilities and Healthy Teaching Practices. • Attend and participate in 100% of the course
Post-course	<p>Required:</p>

Red Cross Assistant Lifeguard Instructor	
Requirements	<ul style="list-style-type: none"> • Co-teach on a Red Cross Assistant Lifeguard course, if required • The Assistant Lifeguard Instructor candidate must be present for the entire course they are using to complete their co-teach. • The co-teach can be waived and is left to the discretion of the Lifeguard Instructor/Trainer <p>Co-Teach Requirements: The Lifeguard Instructor/Trainer will determine the co-teach requirements of each Assistant Lifeguard Instructor candidate. Options include:</p> <ul style="list-style-type: none"> • Waiving the co-teach, with documentation on why it was waived. • Observing a course and co-teaching on one or two courses. • Team teaching with another Assistant Lifeguard Instructor candidate. • Assigning them to a Lifeguard Instructor who will monitor them • If a candidate does not successfully complete they need to get another form filled out by the Lifeguard Instructor/Trainer to direct them through their next steps. • The co-teach needs to be completed within six months to a year. The Lifeguard Instructor/Trainer will determine the length of time needed to complete the co-teach. The length will be based on the instructor's circumstances. • If required, the Lifeguard Instructor/Trainer can also determine the experience level of the supervising instructor. • Determining if the co-teach form returns to the Lifeguard Instructor/Instructor Trainer or the contact centre. <p>Considerations:</p> <ul style="list-style-type: none"> • The Lifeguard Instructor/Trainer will assign the core areas the candidate must Co-Teach, focussing on assigning the highest areas of candidate's weakness. Previous experience of the candidate will be considered. • A candidate is required to Co-Teach/team teach on a minimum of 50% of the course. • Further details are provided on the National Co-Teach form. <p>Extensions of Co-Teaches:</p> <ul style="list-style-type: none"> • No extension will be granted after one year.
Certification	<p>2 years or when the program undergoes major revisions.</p> <p>Considerations:</p> <ul style="list-style-type: none"> • Attending a Water Safety Instructor recertification would automatically recertify the Assistant Lifeguard Instructor as long as the following certifications are current:

	Red Cross Assistant Lifeguard Instructor
	<ul style="list-style-type: none">• Current Standard First Aid with CPR level C or equivalent• Current Red Cross Lifeguard
Other Notes	Quality Management: <ul style="list-style-type: none">• Red Cross may monitor this course at any time. See the quality assurance section for more information, page 38.

11.0 Red Cross Pool Lifeguard Instructor Course Standards

	Red Cross Pool Lifeguard Instructor	Red Cross Assistant Lifeguard Instructor Upgrade to a Pool Lifeguard Instructor	National Lifeguard Service (NLS) – Pool Instructor Transfer to Red Cross Lifeguard Instructor	Red Cross Pool Lifeguard Instructor Recertification
Course Purpose	Instructor certification course that prepares Instructors to teach the Red Cross Assistant Lifeguard and the Red Cross Pool Lifeguard courses.			
Course Length	32 hours of teaching Considerations: <ul style="list-style-type: none"> Skills testing is included in the course 	16 hours of teaching Considerations: <ul style="list-style-type: none"> Skills testing is included in the course 	12 hours of teaching Considerations: <ul style="list-style-type: none"> Skills testing is included in the course 	8 hours of teaching Considerations: <ul style="list-style-type: none"> Skills testing is included in the recertification The recertification may require more time. The time for the recertification is dependant upon the number of candidates, their ability to successfully demonstrate the skill and their level of experience in aquatics.
Lifeguard Instructor Trainer to Instructor Candidate Ratio	1:12	1:12	1:12	1:12
Course	Current Red Cross Lifeguard	Current Red Cross	Current Red Cross	Current Red Cross Lifeguard

	Red Cross Pool Lifeguard Instructor	Red Cross Assistant Lifeguard Instructor Upgrade to a Pool Lifeguard Instructor	National Lifeguard Service (NLS) – Pool Instructor Transfer to Red Cross Lifeguard Instructor	Red Cross Pool Lifeguard Instructor Recertification
Conductor	Instructor Trainer	Lifeguard Instructor Trainer	Lifeguard Instructor Trainer	Instructor Trainer
Pre-requisite	<p>Required:</p> <ul style="list-style-type: none"> • Current Red Cross Pool Lifeguard • Current Standard First Aid with CPR level C or equivalent <p>Recommended:</p> <ul style="list-style-type: none"> • Minimum of 2 years experience as a lifeguard, which could be a letter written from the employer. 	<p>Required:</p> <ul style="list-style-type: none"> • Current Red Cross Assistant Lifeguard Instructor • Current Red Cross Pool Lifeguard • Current Standard First Aid with CPR level C or equivalent <p>Recommended:</p> <ul style="list-style-type: none"> • Minimum of 2 years experience as a lifeguard, which could be a letter written from the employer. • Assistant Lifeguard candidates wanting to Upgrade to the Waterfront Lifeguard Instructor need to contact the Red Cross for more information. 	<p>Required:</p> <ul style="list-style-type: none"> • Current Red Cross Pool Lifeguard or higher • Current Standard First Aid with CPR level C or equivalent • NLS – Pool Instructor <p>Considerations</p> <ul style="list-style-type: none"> • The NLS Instructor certification does not need to be current, but would need to be taken within a 3 year grace period. 	<p>Required:</p> <ul style="list-style-type: none"> • Current Standard First Aid with CPR level C or equivalent • Red Cross Lifeguard Instructor certification taken within the last 5 years. • Must have taught a minimum of a one Lifeguard Course or recertification or skills session or Assistant Lifeguard course <p>Considerations</p> <ul style="list-style-type: none"> • The Lifeguard Instructor certification does not need to be current, but would need to be taken within a 3 year grace period. • These requirements must be verified with the Canadian Red Cross prior to enrolling in the Lifeguard Instructor recertification.
Minimum Age to Take The Course	18 years of age Considerations: • Candidate must be 18 years of	18 years of age Considerations: • Candidate must be 18	18 years of age Considerations: • Candidate must be 18	N/A

	Red Cross Pool Lifeguard Instructor	Red Cross Assistant Lifeguard Instructor Upgrade to a Pool Lifeguard Instructor	National Lifeguard Service (NLS) – Pool Instructor Transfer to Red Cross Lifeguard Instructor	Red Cross Pool Lifeguard Instructor Recertification
	age at the start of the course.	years of age at the start of the course.	years of age at the start of the course.	
Pre-course Assignment	<p>Optional</p> <p>Considerations:</p> <ul style="list-style-type: none"> Lifeguard Instructor Trainer can determine if a pre-course assignment is needed. The pre-course assignment would need to meet the course requirements. Candidate materials distributed two weeks in advance to enable a review of the most difficult skills. 	<p>Optional</p> <p>Considerations:</p> <ul style="list-style-type: none"> Lifeguard Instructor Trainer can determine if a pre-course assignment is needed. The pre-course assignment would need to meet the course requirements. Candidate materials distributed two weeks in advance to enable a review of the most difficult skills 	<p>Optional</p> <p>Considerations:</p> <ul style="list-style-type: none"> Lifeguard Instructor Trainer can determine if a pre-course assignment is needed. The pre-course assignment would need to meet the course requirements. 	<p>Optional</p> <p>Considerations:</p> <ul style="list-style-type: none"> Lifeguard Instructor Trainer can determine if a pre-course assignment is needed. The pre-course assignment would need to meet the course requirements.
Candidate Materials	<p>Required:</p> <ul style="list-style-type: none"> Current <i>Assistant Lifeguard Workbook</i> Current <i>Lifeguard Manual</i> Current <i>Lifeguard Instructor Manual</i> <i>CPR/AED manual</i> if they are coming in with another recognized First Aid Training Agency certification Whistle & wrist bungee (or breakaway lanyard) 	<p>Required:</p> <ul style="list-style-type: none"> Current <i>Assistant Lifeguard Workbook</i> Current <i>Lifeguard Manual</i> Current <i>Lifeguard Instructor Manual</i> <i>CPR/AED manual</i> if they are coming in with another recognized First Aid Training Agency certification Whistle & wrist bungee 	<p>Required:</p> <ul style="list-style-type: none"> Current <i>Assistant Lifeguard Workbook</i> Current <i>Lifeguard Manual</i> Current <i>Lifeguard Instructor Manual</i> <i>CPR/AED manual</i> if they are coming in with another recognized First Aid Training Agency certification Whistle & wrist bungee 	<p>Required:</p> <ul style="list-style-type: none"> Skills worksheet Whistle & wrist bungee (or breakaway lanyard) <p>Recommended:</p> <ul style="list-style-type: none"> Red Cross Aquatic Fanny Pack

	Red Cross Pool Lifeguard Instructor	Red Cross Assistant Lifeguard Instructor Upgrade to a Pool Lifeguard Instructor	National Lifeguard Service (NLS) – Pool Instructor Transfer to Red Cross Lifeguard Instructor	Red Cross Pool Lifeguard Instructor Recertification
	Recommended: <ul style="list-style-type: none"> Red Cross Aquatic Fanny Pack 	(or breakaway lanyard) Recommended: <ul style="list-style-type: none"> Red Cross Aquatic Fanny Pack 	(or breakaway lanyard) Recommended: <ul style="list-style-type: none"> Red Cross Aquatic Fanny Pack 	
Course Training Materials	Required: <ul style="list-style-type: none"> All candidate level course training materials and equipment 	Required: <ul style="list-style-type: none"> All candidate level course training materials and equipment 	Required: <ul style="list-style-type: none"> All candidate level course training materials and equipment 	Required: <ul style="list-style-type: none"> All candidate level course training materials and equipment
Course Content	<ul style="list-style-type: none"> Introduction Skills Review Introduction to Resources and Materials The Red Cross (including Red Cross Lifeguard National Program Standards) How People Learn Instructional Techniques Organizing the Courses Evaluating Your Candidates Developing Positive Relationships Specific Course Content Practise Teaching Exercise – Classroom Practise Teaching Exercise - Water Final Knowledge Evaluation/Wrap-up 	<ul style="list-style-type: none"> Introduction Skills Review The Red Cross (including Red Cross Lifeguard National Program Standards) Instructional Techniques Organizing the Course Evaluating Your Candidates Developing Positive Relationships Specific Course content <ul style="list-style-type: none"> Lifeguard Rescue Skills Head and Spine Aquatic Emergencies Teaching Administering oxygen and AED 	<ul style="list-style-type: none"> Introduction Skills Review The Red Cross (including Canadian Red Cross Lifeguard National Program Standards) How People Learn Instructional Techniques Organizing the Course Evaluating Your Candidates Developing Positive Relationships Practise Teaching Exercise – Skill Final Knowledge Evaluation/Wrap-up Considerations:	<ul style="list-style-type: none"> All practical skills and scenarios of the full course Practice with feedback Perform skills & assessment Successfully complete knowledge evaluation Final scenarios Information updating candidates on any changes Recommended: <ul style="list-style-type: none"> Each candidate conducts a section of the skills testing to ensure teaching to the course standards

	Red Cross Pool Lifeguard Instructor	Red Cross Assistant Lifeguard Instructor Upgrade to a Pool Lifeguard Instructor	National Lifeguard Service (NLS) – Pool Instructor Transfer to Red Cross Lifeguard Instructor	Red Cross Pool Lifeguard Instructor Recertification
	<p>Considerations:</p> <ul style="list-style-type: none"> Detailed course plans can be found in the Lifeguard Instructor Trainer Guide 	<ul style="list-style-type: none"> Practise Teaching Exercise - Skills Final Knowledge Evaluation/Wrap-up <p>Considerations:</p> <ul style="list-style-type: none"> Detailed course plans can be found in the Lifeguard Instructor Trainer Guide 	<ul style="list-style-type: none"> Detailed course plans can be found in the Lifeguard Instructor Trainer Guide 	
Legislative Requirements	<ul style="list-style-type: none"> Federal, provincial and territorial workplace legislation can be found at: www.redcross.ca/lifeguardlegislation The candidates will be taught all of the skills in the course, but may only perform the skills they are legislated/regulated to perform when they are employed. 	<ul style="list-style-type: none"> Federal, provincial and territorial workplace legislation can be found at: www.redcross.ca/lifeguardlegislation The candidates will be taught all of the skills in the course, but may only perform the skills they are legislated/regulated to perform when they are employed. 	<ul style="list-style-type: none"> Federal, provincial and territorial workplace legislation can be found at: www.redcross.ca/lifeguardlegislation The candidates will be taught all of the skills in the course, but may only perform the skills they are legislated/regulated to perform when they are employed. 	<ul style="list-style-type: none"> Federal, provincial and territorial workplace legislation can be found at: www.redcross.ca/lifeguardlegislation The candidates will be taught all of the skills in the course, but may only perform the skills they are legislated/regulated to perform when they are employed.
Completion Criteria	<ul style="list-style-type: none"> Ability to comprehend and successfully demonstrate excellent Lifeguard Skills. Meet all of the course evaluation criteria Successfully complete the Practise Teaching required in the course. 	<ul style="list-style-type: none"> Ability to comprehend and successfully demonstrate excellent Lifeguard Skills. Meet all of the course evaluation criteria Successfully complete the Practise Teaching 	<ul style="list-style-type: none"> Ability to comprehend and successfully demonstrate excellent Lifeguard Skills. Meet all of the course evaluation criteria Successfully complete the Practise Teaching 	<ul style="list-style-type: none"> Ability to comprehend and successfully demonstrate excellent Lifeguard Skills. Meet all of the course evaluation criteria Adhere to the Code of Conduct, Legal Responsibilities and

	Red Cross Pool Lifeguard Instructor	Red Cross Assistant Lifeguard Instructor Upgrade to a Pool Lifeguard Instructor	National Lifeguard Service (NLS) – Pool Instructor Transfer to Red Cross Lifeguard Instructor	Red Cross Pool Lifeguard Instructor Recertification
	<ul style="list-style-type: none"> Adhere to the Code of Conduct, Legal Responsibilities and Healthy Teaching Practices. Pass a knowledge evaluation with a minimum mark of 80% Must meet additional legislative requirements, if applicable Attend and participate in 100% of the course <p>Considerations:</p> <ul style="list-style-type: none"> Certification as a Lifeguard Instructor automatically recertifies the Red Cross Lifeguard certification 	<p>required in the course.</p> <ul style="list-style-type: none"> Adhere to the Code of Conduct, Legal Responsibilities and Healthy Teaching Practices. Pass a knowledge evaluation with a minimum mark of 80% Must meet additional legislative requirements, if applicable Attend and participate in 100% of the course <p>Considerations:</p> <ul style="list-style-type: none"> Certification as a Lifeguard Instructor automatically recertifies the Red Cross Lifeguard certification 	<p>required in the course.</p> <ul style="list-style-type: none"> Adhere to the Code of Conduct, Legal Responsibilities and Healthy Teaching Practices. Pass a knowledge evaluation with a minimum mark of 80% Must meet additional legislative requirements, if applicable Attend and participate in 100% of the course <p>Considerations:</p> <ul style="list-style-type: none"> Certification as a Lifeguard Instructor automatically recertifies the Red Cross Lifeguard certification 	<p>Healthy Teaching Practices.</p> <ul style="list-style-type: none"> Attend and participate in 100% of the course <p>Considerations:</p> <ul style="list-style-type: none"> Recertification as a Lifeguard Instructor automatically recertifies the Red Cross Pool Lifeguard certification This course would not be a retesting any first aid skills and would not be used as a means to revoke any first aid certifications.
Post-course Requirements	<p>Required:</p> <ul style="list-style-type: none"> Co-teach on a Red Cross Pool Lifeguard course, if required The Lifeguard Instructor candidate must be present for the entire course they are 	<p>Required:</p> <ul style="list-style-type: none"> Co-teach on a Red Cross Pool Lifeguard, if required The Lifeguard Instructor candidate must be present for the entire 	<p>Required:</p> <ul style="list-style-type: none"> Co-teach on a Red Cross Pool Lifeguard course, if required The Lifeguard Instructor candidate must be present for the 	None

	Red Cross Pool Lifeguard Instructor	Red Cross Assistant Lifeguard Instructor Upgrade to a Pool Lifeguard Instructor	National Lifeguard Service (NLS) – Pool Instructor Transfer to Red Cross Lifeguard Instructor	Red Cross Pool Lifeguard Instructor Recertification
	<p>completing the co-teach on.</p> <p>Co-Teach Requirements: The Lifeguard Instructor Trainer will determine the co-teach requirements of each Lifeguard Instructor candidate. Options include:</p> <ul style="list-style-type: none"> • Waiving the co-teach, with documentation on why it was waived. • Observing a course and Co-Teaching on one or two courses. • Assigning the candidate to a Lifeguard Instructor Trainer who will monitor them. • The Lifeguard Instructor Trainer will determine if they need to see the co-teach form before it returns to the contact centre. • If a candidate does not successfully complete they need to get another co-teach form filled out by the Lifeguard Instructor Trainer to direct them through their next steps. • The Lifeguard Instructor Trainer will determine the 	<p>course they are completing the co-teach on.</p> <p>Co-Teach Requirements: The Lifeguard Instructor Trainer will determine the Co-Teach requirements of each Lifeguard Instructor Candidate. Options include:</p> <ul style="list-style-type: none"> • Waiving the co-teach, with documentation on why it was waived. • Observing a course and co-teaching on one or two courses. • Assigning the candidate to a Lifeguard Instructor Trainer who will monitor them • The Lifeguard Instructor Trainer will determine if they need to see the co-teach form before it returns to the contact centre. • If a candidate does not successfully complete they need to get another co-teach form filled out by the Lifeguard Instructor 	<p>entire course they are completing the co-teach on.</p> <p>Co-Teach Requirements: The Lifeguard Instructor Trainer will determine the Co-Teach requirements of each Lifeguard Instructor Candidate. Options include:</p> <ul style="list-style-type: none"> • Waiving the co-teach, with documentation on why it was waived. • Observing a course and co-teaching on one or two courses. • Assigning the candidate to a Lifeguard Instructor Trainer who will monitor them • The Lifeguard Instructor Trainer will determine if they need to see the co-teach form before it returns to the contact centre. • If a candidate does not successfully complete they need to get another co-teach form filled out by the 	

	Red Cross Pool Lifeguard Instructor	Red Cross Assistant Lifeguard Instructor Upgrade to a Pool Lifeguard Instructor	National Lifeguard Service (NLS) – Pool Instructor Transfer to Red Cross Lifeguard Instructor	Red Cross Pool Lifeguard Instructor Recertification
	<p>length of time needed to complete the co-teach. The length will be based on the instructor’s circumstances.</p> <ul style="list-style-type: none"> If required, the Lifeguard Instructor Trainer can also determine the experience level of the supervising instructor. <p>Considerations:</p> <ul style="list-style-type: none"> The Lifeguard Instructor Trainer will assign the core areas the candidate must co-teach, focussing on assigning the highest areas of candidate’s weakness. Previous experience of the candidate will be considered. A candidate is required to co-teach on a maximum of 50% of the course. Further details are provided on the National co-teach form. <p>Extensions of Co-Teaches: No extension will be granted after one year.</p>	<p>Trainer to direct them through their next steps.</p> <ul style="list-style-type: none"> The Lifeguard Instructor Trainer will determine the length of time needed to complete the co-teach. The length will be based on the instructor’s circumstances. If required, the Lifeguard Instructor Trainer can also determine the experience level of the supervising instructor. <p>Considerations:</p> <ul style="list-style-type: none"> The Lifeguard Instructor Trainer will assign the core areas the candidate must co-teach, focussing on assigning the highest areas of candidate’s weakness. Previous experience of the candidate will be considered. A candidate is required to co-teach on a 	<p>Lifeguard Instructor Trainer to direct them through their next steps.</p> <ul style="list-style-type: none"> The Lifeguard Instructor Trainer will determine the length of time needed to complete the co-teach. The length will be based on the instructor’s circumstances. If required, the Lifeguard Instructor Trainer can also determine the experience level of the supervising instructor. NLS co-teach would need to focus on the skills that they are missing from the NLS to Red Cross Lifeguard <p>Considerations:</p> <ul style="list-style-type: none"> The Lifeguard Instructor Trainer will assign the core areas the candidate must co-Teach, focussing on assigning the highest areas of candidate’s 	

	Red Cross Pool Lifeguard Instructor	Red Cross Assistant Lifeguard Instructor Upgrade to a Pool Lifeguard Instructor	National Lifeguard Service (NLS) – Pool Instructor Transfer to Red Cross Lifeguard Instructor	Red Cross Pool Lifeguard Instructor Recertification
		<p>maximum of 50% of the course.</p> <ul style="list-style-type: none"> Further details are provided on the National co-teach form. <p>Extensions of Co-Teaches: No extension will be granted after one year.</p>	<p>weakness. Previous experience of the candidate will be considered.</p> <ul style="list-style-type: none"> A candidate is required to co-teach on a maximum of 50% of the course. Further details are provided on the National co-teach form. <p>Extensions of Co-Teaches: No extension will be granted after one year.</p>	
Certification	<p>2 years or when the program undergoes major revisions.</p> <p>Considerations:</p> <ul style="list-style-type: none"> Certification as a Lifeguard Instructor automatically recertifies the Red Cross Pool Lifeguard certification 	<p>2 years or when the program undergoes major revisions.</p> <p>Considerations:</p> <ul style="list-style-type: none"> Certification as a Lifeguard Instructor automatically recertifies the Red Cross Pool Lifeguard certification 	<p>2 years or when the program undergoes major revisions.</p> <p>Considerations:</p> <ul style="list-style-type: none"> Certification as a Red Cross Lifeguard Instructor automatically recertifies the Red Cross Pool Lifeguard certification Candidates completing this course would receive the Red Cross Pool Lifeguard Instructor certification. 	<p>2 years or when the program undergoes major revisions.</p> <p>Considerations</p> <ul style="list-style-type: none"> Successfully completing the Lifeguard Instructor automatically recertifies the Pool Red Cross Lifeguard certification.

	Red Cross Pool Lifeguard Instructor	Red Cross Assistant Lifeguard Instructor Upgrade to a Pool Lifeguard Instructor	National Lifeguard Service (NLS) – Pool Instructor Transfer to Red Cross Lifeguard Instructor	Red Cross Pool Lifeguard Instructor Recertification
Other Notes	Quality Management: Red Cross may monitor this course at any time. See the quality assurance section for more information, page 38.	Quality Management: Red Cross may monitor this course at any time. See the quality assurance section for more information, page 38.	Quality Management: Red Cross may monitor this course at any time. See the quality assurance section for more information, page 38.	Quality Management: Red Cross may monitor this course at any time. See the quality assurance section for more information, page 38.

12.0 Red Cross Lifeguard Waterfront Instructor Course Standards

	Red Cross Waterfront Lifeguard Instructor	National Lifeguard Service (NLS) Instructor – Waterfront Transfer to Red Cross Waterfront Lifeguard Instructor	Red Cross Waterfront Lifeguard Instructor Recertification
Course Purpose	Instructor certification course that prepares Instructors to teach the Red Cross Assistant Lifeguard and the Red Cross Waterfront Lifeguard courses.		
Course Length	32 hours of teaching Considerations: <ul style="list-style-type: none"> • Skills testing would be included in the course • This is quality assurance and will place all candidates at the same level entering the course. 	12 hours	8 hours of teaching Considerations: <ul style="list-style-type: none"> • Skills testing would be included in the recertification • The recertification may require more time. The time for the recertification is dependant upon the number of candidates, their ability to successfully demonstrate the skill and their level of experience in aquatics.
Lifeguard Instructor Trainer to Instructor Candidate Ratio	1:12	1:12	1:12
Course Conductor	Current Red Cross Lifeguard Instructor Trainer	Current Red Cross Lifeguard Instructor Trainer	Current Red Cross Lifeguard Instructor Trainer

	Red Cross Waterfront Lifeguard Instructor	National Lifeguard Service (NLS) Instructor – Waterfront Transfer to Red Cross Waterfront Lifeguard Instructor	Red Cross Waterfront Lifeguard Instructor Recertification
Pre-requisite	<p>Required:</p> <ul style="list-style-type: none"> • Current Red Cross Waterfront Lifeguard • Current Standard First Aid with CPR level C or equivalent <p>Recommended:</p> <ul style="list-style-type: none"> • Minimum of 2 years experience as a lifeguard, which could be a letter written from the employer. • Candidate materials distributed two weeks in advance (if possible) of the course to enable a review of the most difficult skills. 	<p>Required:</p> <ul style="list-style-type: none"> • Current Red Cross Waterfront Lifeguard • Current Standard First Aid with CPR level C or equivalent • NLS Instructor – Waterfront <p>Considerations:</p> <ul style="list-style-type: none"> • The NLS Instructor certification does not need to be current, but would need to be taken within a 3 year grace period. 	<p>Required:</p> <ul style="list-style-type: none"> • Current Standard First Aid with CPR level C or equivalent • Red Cross Lifeguard Instructor certification taken within the last 5 years. • Must have taught a minimum of a one Waterfront Lifeguard Instructor Course or recertification, skills session, or Assistant Lifeguard course <p>Considerations</p> <ul style="list-style-type: none"> • The Lifeguard Instructor certification does not need to be current, but would need to be taken within a 3 year grace period. • These requirements must be verified with the Canadian Red Cross prior to enrolling in the Lifeguard Instructor recertification • If Instructors doesn't meet the course pre-requisites they will need permission from the Canadian Red Cross.
Minimum Age to Take The Course	<p>18 years of age</p> <p>Considerations:</p> <ul style="list-style-type: none"> • Candidate must be 18 years of age at the start of the course. 	<p>18 years of age</p> <p>Considerations:</p> <ul style="list-style-type: none"> • Candidate must be 18 years of age at the start of the course. 	N/A
Pre-course Assignment	Optional	Optional	Optional

	Red Cross Waterfront Lifeguard Instructor	National Lifeguard Service (NLS) Instructor – Waterfront Transfer to Red Cross Waterfront Lifeguard Instructor	Red Cross Waterfront Lifeguard Instructor Recertification
	<p>Considerations:</p> <ul style="list-style-type: none"> Lifeguard Instructor Trainer can determine if a pre-course is needed. The pre-course assignment would need to meet the course requirements. 	<p>Considerations:</p> <ul style="list-style-type: none"> Lifeguard Instructor Trainer can determine if a pre-course is needed. The pre-course assignment would need to meet the course requirements. 	<p>Considerations:</p> <ul style="list-style-type: none"> Lifeguard Instructor Trainer can determine if a pre-course is needed. The pre-course assignment would need to meet the course requirements.
Candidate Materials	<p>Required:</p> <ul style="list-style-type: none"> Current <i>Assistant Lifeguard Workbook</i> Current <i>Lifeguard Manual</i> Current <i>Lifeguard Instructor Manual</i> Red Cross <i>CPR/AED manual</i> if they are coming in with another recognized First Aid Training Agency certification Whistle & wrist bungee (or breakaway lanyard) <p>Recommended:</p> <ul style="list-style-type: none"> Red Cross Aquatic Fanny Pack 	<p>Required:</p> <ul style="list-style-type: none"> Current <i>Assistant Lifeguard Workbook</i> Current <i>Lifeguard Manual</i> Current <i>Lifeguard Instructor Manual</i> Red Cross <i>CPR/AED manual</i> if they are coming in with another recognized First Aid Training Agency certification Whistle & wrist bungee (or breakaway lanyard) <p>Recommended:</p> <ul style="list-style-type: none"> Red Cross Aquatic Fanny Pack 	<p>Required:</p> <ul style="list-style-type: none"> Skills Worksheet Whistle & wrist bungee (or breakaway lanyard) <p>Recommended:</p> <ul style="list-style-type: none"> Red Cross Aquatic Fanny Pack
Course Training Materials	<p>Required:</p> <ul style="list-style-type: none"> All candidate level course training materials and equipment <p>Considerations:</p> <ul style="list-style-type: none"> Candidates must have their pleasure craft operator card to operate a motorized craft 	<p>Required:</p> <ul style="list-style-type: none"> All candidate level course training materials and equipment <p>Considerations:</p> <ul style="list-style-type: none"> Candidates must have their pleasure craft operator card to operate a motorized craft 	<p>Required:</p> <ul style="list-style-type: none"> All candidate level course training materials and equipment <p>Considerations:</p> <ul style="list-style-type: none"> Candidates must have their pleasure craft operator card to operate a motorized craft
Course Content	<ul style="list-style-type: none"> Introduction Skills Review 	<ul style="list-style-type: none"> Introduction Skills Review 	<ul style="list-style-type: none"> All practical skills and scenarios of the full course

	Red Cross Waterfront Lifeguard Instructor	National Lifeguard Service (NLS) Instructor – Waterfront Transfer to Red Cross Waterfront Lifeguard Instructor	Red Cross Waterfront Lifeguard Instructor Recertification
	<ul style="list-style-type: none"> • Introduction to Resources and Materials • The Red Cross (including Red Cross Lifeguard National Program Standards) • How People Learn • Instructional Techniques • Organizing the Courses • Evaluating Your Candidates • Developing Positive Relationships • Specific Course Content • Practise Teaching Exercise – Classroom • Practise Teaching Exercise - Water • Final Knowledge Evaluation/Wrap-up <p>Considerations: Detailed course plans can be found in the Lifeguard Instructor Trainer Guide</p>	<ul style="list-style-type: none"> • The Red Cross (including Canadian Red Cross Lifeguard National Program Standards) • How People Learn • Instructional Techniques • Organizing the Course • Evaluating Your Candidates • Developing Positive Relationships • Practise Teaching Exercise – Skill • Final Knowledge Evaluation/Wrap-up <p>Considerations: Detailed course plans can be found in the Lifeguard Instructor Trainer Guide</p>	<ul style="list-style-type: none"> • Practice with feedback • Perform skills & assessment • Successfully complete knowledge evaluation • Final scenarios • Information updating candidates on any changes <p>Recommended:</p> <ul style="list-style-type: none"> • Each candidate conducts a section of the skills testing to ensure teaching to the course standards
Legislative Requirements	<ul style="list-style-type: none"> • Federal, provincial and territorial workplace legislation can be found at: www.redcross.ca/lifeguardlegislation • The candidates will be taught all of the skills in the course, but may only perform the skills they are legislated/regulated to perform when they are employed. 	<ul style="list-style-type: none"> • Federal, provincial and territorial workplace legislation can be found at: www.redcross.ca/lifeguardlegislation • The candidates will be taught all of the skills in the course, but may only perform the skills they are legislated/regulated to perform when they are employed. 	<ul style="list-style-type: none"> • Federal, provincial and territorial workplace legislation can be found at: www.redcross.ca/lifeguardlegislation • The candidates will be taught all of the skills in the course, but may only perform the skills they are legislated/regulated to perform when they are employed.
Completion Criteria	<ul style="list-style-type: none"> • Ability to comprehend and successfully demonstrate excellent Lifeguard Skills. • Meet all of the course evaluation 	<ul style="list-style-type: none"> • Ability to comprehend and successfully demonstrate excellent Lifeguard Skills. • Meet all of the course evaluation 	<ul style="list-style-type: none"> • Ability to comprehend and successfully demonstrate excellent Lifeguard Skills.

	Red Cross Waterfront Lifeguard Instructor	National Lifeguard Service (NLS) Instructor – Waterfront Transfer to Red Cross Waterfront Lifeguard Instructor	Red Cross Waterfront Lifeguard Instructor Recertification
	<p>criteria</p> <ul style="list-style-type: none"> • Successfully complete the Practise Teaching required in the course. • Adhere to the Code of Conduct, Legal Responsibilities and Healthy Teaching Practices. • Pass a knowledge evaluation with a minimum mark of 80% • Must meet additional legislative requirements, if applicable • Attend and participate in 100% of the course <p>Considerations:</p> <ul style="list-style-type: none"> • Certification as a Lifeguard Instructor automatically recertifies the Red Cross Waterfront Lifeguard certification 	<p>criteria</p> <ul style="list-style-type: none"> • Successfully complete the Practise Teaching required in the course. • Adhere to the Code of Conduct, Legal Responsibilities and Healthy Teaching Practices. • Pass a knowledge evaluation with a minimum mark of 80% • Must meet additional legislative requirements, if applicable • Attend and participate in 100% of the course <p>Considerations:</p> <ul style="list-style-type: none"> • Certification as a Lifeguard Instructor automatically recertifies the Red Cross Waterfront Lifeguard certification 	<ul style="list-style-type: none"> • Meet all of the course evaluation criteria • Adhere to the Code of Conduct, Legal Responsibilities and Healthy Teaching Practices. • Attend and participate in 100% of the course <p>Considerations:</p> <ul style="list-style-type: none"> • Recertification as a Lifeguard Instructor automatically recertifies the Red Cross Waterfront Lifeguard certification. • This course would not be a retesting any first aid skills and would not be used as a means to revoke any first aid certifications.
Post-course Requirements	<p>Required:</p> <ul style="list-style-type: none"> • Co-teach on a Red Cross Waterfront Lifeguard course, if required • The Lifeguard Instructor candidate must be present for the entire course they are completing the co-teach on. <p>Co-Teach Requirements: The Lifeguard Instructor Trainer will determine the co-teach requirements of each Lifeguard Instructor candidate. Options include:</p> <ul style="list-style-type: none"> • Waiving the co-teach, with documentation on why it was waived. 	<p>Required:</p> <ul style="list-style-type: none"> • Co-teach on a Red Cross Waterfront Lifeguard course, if required • The Lifeguard Instructor candidate must be present for the entire course they are completing the co-teach on. <p>Co-Teach Requirements: The Lifeguard Instructor Trainer will determine the co-teach requirements of each Lifeguard Instructor candidate. Options include:</p> <ul style="list-style-type: none"> • Waiving the co-teach, with documentation on why it was waived. 	None

	Red Cross Waterfront Lifeguard Instructor	National Lifeguard Service (NLS) Instructor – Waterfront Transfer to Red Cross Waterfront Lifeguard Instructor	Red Cross Waterfront Lifeguard Instructor Recertification
	<ul style="list-style-type: none"> • Observing a course and co-teaching on one or two courses. • Assigning the candidate to a Lifeguard Instructor Trainer who will monitor. • The Lifeguard Instructor Trainer will determine if they need to see the co-teach form before it returns to the contact centre. • If a candidate does not successfully complete they need to get another co-teach form filled out by the Lifeguard Instructor Trainer to direct them through their next steps. • The Lifeguard Instructor Trainer will determine the length of time needed to complete the co-teach. The length will be based on the instructor’s circumstances. • If required, the Lifeguard Instructor Trainer can also determine the experience level of the supervising instructor. <p>Considerations:</p> <ul style="list-style-type: none"> • The Lifeguard Instructor Trainer will assign the core areas the candidate must co-teach, focussing on assigning the highest areas of candidate’s weakness. Previous experience of the candidate will be considered. • A candidate is required to co-teach on a maximum of 50% of the course. • Further details are provided on the 	<ul style="list-style-type: none"> • Observing a course and co-teaching on one or two courses. • Assigning the candidate to a Lifeguard Instructor Trainer who will monitor. • The Lifeguard Instructor Trainer will determine if they need to see the co-teach form before it returns to the contact centre. • If a candidate does not successfully complete they need to get another co-teach form filled out by the Lifeguard Instructor Trainer to direct them through their next steps. • The Lifeguard Instructor Trainer will determine the length of time needed to complete the co-teach. The length will be based on the instructor’s circumstances. • If required, the Lifeguard Instructor Trainer can also determine the experience level of the supervising instructor. • NLS co-teach would need to focus on the skills that they are missing from the NLS to Red Cross Lifeguard <p>Considerations:</p> <ul style="list-style-type: none"> • The Lifeguard Instructor Trainer will assign the core areas the candidate must co-teach, focussing on assigning the highest areas of candidate’s weakness. Previous experience of the candidate will be considered. 	

	Red Cross Waterfront Lifeguard Instructor	National Lifeguard Service (NLS) Instructor – Waterfront Transfer to Red Cross Waterfront Lifeguard Instructor	Red Cross Waterfront Lifeguard Instructor Recertification
	<p>National Co-Teach form.</p> <p>Extensions of Co-Teaches: No extension will be granted after one year.</p>	<ul style="list-style-type: none"> A candidate is required to co-teach on a maximum of 50% of the course. Further details are provided on the National Co-Teach form. <p>Extensions of Co-Teaches: No extension will be granted after one year.</p>	
Certification	<p>2 years or when the program undergoes major revisions.</p> <p>Considerations:</p> <ul style="list-style-type: none"> Certification as a Lifeguard Instructor automatically recertifies the Waterfront Red Cross Lifeguard certification 	<p>2 years or when the program undergoes major revisions.</p> <p>Considerations:</p> <ul style="list-style-type: none"> Certification as a Lifeguard Instructor automatically recertifies the Red Cross Waterfront Lifeguard certification 	<p>2 years or when the program undergoes major revisions.</p> <p>Considerations</p> <ul style="list-style-type: none"> Successfully completing the Lifeguard Instructor automatically recertifies the Red Cross Waterfront Lifeguard certification.
Other Notes	<p>Quality Management: Red Cross may monitor this course at any time. See the quality assurance section for more information, page 38.</p>	<p>Quality Management: Red Cross may monitor this course at any time. See the quality assurance section for more information, page 38.</p>	<p>Management: Red Cross may monitor this course at any time. See the quality assurance section for more information, page 38.</p>

13.0 Red Cross Lifeguard Instructor Trainer Mentorship Standards

	Red Cross Lifeguard Instructor Trainer Mentorship Process
Course Length	<p>A Lifeguard Instructor Trainer candidate may follow a mentorship process with a current Lifeguard Instructor Trainer. The Lifeguard Instructor Trainer candidate can be mentored through teaching a Lifeguard Instructor course.</p> <p>Considerations:</p> <ul style="list-style-type: none"> • This process must be approved and overseen by an experienced Lifeguard Instructor Trainer and pre-approved, in writing by the Canadian Red Cross. • Experienced is defined as a Lifeguard Instructor Trainer who has taught minimum of 3 courses over the past 3 years and/or has mentored 6 Lifeguard Instructor Trainer candidates through the process.
Lifeguard Instructor to Candidate Ratio	1:1
Course Conductor	Experienced, current, appointed Red Cross Lifeguard Instructor Trainer or Master Instructor Trainer
Pre-requisite	<p>Required:</p> <ul style="list-style-type: none"> • Current Red Cross Lifeguard Instructor • Current Red Cross Lifeguard • Current Standard First Aid with CPR level C or equivalent <p>Recommended:</p> <ul style="list-style-type: none"> • Current Red Cross Water Safety or First Aid Instructor Trainer • Minimum of 2 years experience as a Lifeguard Instructor.
Minimum Age to Take The Course	18 years

Red Cross Lifeguard Instructor Trainer Mentorship Process	
Pre-course Assignment	<ul style="list-style-type: none"> • Develop the lesson plans for the course and work with the Lifeguard Instructor Trainer to plan and organize the courses. .
Candidate Materials	<p>Required:</p> <ul style="list-style-type: none"> • Current Red Cross <i>Lifeguard Instructor Trainer Guide</i> • Current Red Cross <i>Lifeguard Instructor Manual</i> and CD-ROM • Current Red Cross <i>Lifeguard Manual</i> • Current Red Cross <i>Assistant Lifeguard Workbook</i> • Current copy of the Red Cross Lifeguard National Program Standards
Course Training Materials	<p>Required: All course materials from the candidate and instructor courses</p> <p>Recommended:</p> <ul style="list-style-type: none"> • Red Cross Aquatic Fanny Pack
Course Content	<ul style="list-style-type: none"> • Skills testing to be completed by mentor using the skills worksheets - need to include Red Cross Pool and/or Waterfront Lifeguard Skills • Course Planning • Co-teaching on a Lifeguard Instructor course • Information on mentoring and supporting Instructor candidates
Legislative Requirements	<ul style="list-style-type: none"> • Federal, provincial/territorial workplace legislation can be found at: www.redcross.ca/lifeguardlegislation • The candidates will be taught all of the skills in the course, but may only perform the skills they are legislated/regulated to perform when they are employed.
Completion Criteria	<ul style="list-style-type: none"> • Ability to comprehend and successfully demonstrate excellent Lifeguarding skills • Meet all of the course evaluation criteria • Successfully complete the co-teach required in the course. • Models and adhere to the Code of Conduct, Legal Responsibilities and Healthy Teaching Practices. • Attend and participate in 100% of the course. • Must teach 50% of the class and be present 100% of the time • Successfully complete post-course requirements as determined by the Lifeguard Master Instructor Trainer or Instructor Trainer. • Successfully co-teach on a Pool Lifeguard Instructor and/or a Waterfront Lifeguard Instructor

Red Cross Lifeguard Instructor Trainer Mentorship Process	
	<p>Considerations:</p> <ul style="list-style-type: none"> • Certification as a Lifeguard Instructor Trainer automatically recertifies the Lifeguard Instructor certification and Lifeguard certification.
Post-course Requirements	None
Certification	<p>2 years or when the program undergoes major revisions.</p> <p>Considerations:</p> <ul style="list-style-type: none"> • Certification as a Lifeguard Instructor Trainer automatically recertifies the Red Cross Pool and Waterfront Lifeguard and Red Cross Lifeguard Instructor certification.
Other Notes	<p>Quality Management:</p> <ul style="list-style-type: none"> • Red Cross may monitor these activities at any time. See the quality assurance section for more information, page 38.

14.0 Lifeguard Master Instructor Trainer

Lifeguard Master Instructor Trainers are the very foundation of the Lifeguard Instructor Development Program because they train the Lifeguard Instructor Trainers and provide advice and volunteer support to all levels of the Lifeguard Instructor Development Program and to Red Cross Lifeguard Programs. Their knowledge, skills, attitudes, and experience are invaluable to the delivery of effective Lifeguard Programs. A Lifeguard Master Instructor Trainer's primary role is to further develop Lifeguard Instructor Trainer candidates' ability to teach and facilitate, not to teach lifeguard skills.

In a volunteer capacity, Lifeguard Master Instructor Trainers are expected to use the opportunity to share their valuable experience with the Lifeguard Instructor Trainer Candidates. Their influence will help develop dynamic Lifeguard Instructor Trainers to support the Red Cross Lifeguard Programs. This position is a designation and not a certification and for the purpose of teaching the Lifeguard Instructor Trainers on an as need basis.

Lifeguard Master Instructor Trainer's Minimum National Responsibilities include:

1. Reviewing Lifeguard Instructor Trainer candidates' backgrounds, skills, and knowledge to ensure that they meet the prerequisites and other requirements for the Lifeguard Instructor Trainer mentorship.
2. Equipping Lifeguard Instructor Trainer candidates with the knowledge, skills, attitudes, and experience required to teach Lifeguard Instructors.
3. Ensuring that candidates know that they must use the Red Cross *Lifeguard Instructor Trainer Guide* as their primary resource.
4. Evaluating candidates according to the criteria set by the Canadian Red Cross for successful completion.
5. Deepen Lifeguard Instructor Trainers' understanding of their role as representatives of the Canadian Red Cross and as role models for their candidates.
6. Encourage Lifeguard Instructor Trainer to become involved in volunteer opportunities.
7. To encourage Lifeguard Instructor Trainers to use self-reflection to develop their skills and promote values that is consistent with the Red Cross Lifeguard Programs.