

Tuttle Training Solutions

Quality Training, Efficient Operation

Lifeguard Instructor Course Prerequisites

To enroll in the Lifeguarding Instructor course you must:

- Be at least 17 years old by the last day of class,
- Have completed the Fundamentals of Instructor Training (FIT) or be a currently certified Red Cross instructor (present proof on the first day of class),
- Successfully complete the pre-course session.

The pre-course session includes a **written examination** and swimming, water rescue, first aid, CPR and AED skills based on the Lifeguarding course. The skills consist of the following:

Swimming Skills

- Swim 300 yards (100 front crawl, 100 breaststroke, 100 either front crawl or breast.
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute 40 seconds.

Rescue Skills and Scenarios

- Simple Assist
- Extension Assist from the Deck
- Reaching Assist from the Deck
- Throwing Assist
- Swimming Extension Rescue
- Multiple-Victim Rescue
- Front Head-Hold Escape
- Rear Head-Hold Escape
- Head Splint Technique-Face Down Victim, Deep Water at or near surface
- Head and Chin Support-Face-Up Victim, Deep Water at or Near Surface

- In-Line Stabilization for a Submerged Victim-Face Up, Face Down or on One Side in Deep Water
- Using a Backboard in Deep Water
- Active Drowning Victim Scenario
- Passive Submerged Drowning Victim Scenario
- Head, Neck, and Back Injury Scenario

First Aid, CPR & AED Skills

- Removing Gloves
- Initial Assessment
- Rescue Breathing-Adult, Child & Infant
- Using a Bag-Valve-Mask Resuscitator (Two Rescuers)
- Conscious Choking-Adult, Child & Infant
- Unconscious Choking-Adult, Child & Infant
- CPR-Adult, Child & Infant
- Two Rescuer CPR-Adult, Child & Infant
- AED/CPR Skill Scenarios
- Controlling Bleeding
- Applying a Sling
- Manual In-Line Stabilization of a Head, Neck or Back Injury on Land

To be an effective Lifeguarding Instructor, you must become completely familiar with the ARC Lifeguarding Instructors Manual with CD-ROM and other course materials and DVDs. You will be given practice teaching assignments, which will give you experience in presenting information to course participants, conducting classes and evaluating skills.