Red Cross Pool Lifeguard Course

This course offers professional lifeguard certification for pools and builds confident lifeguards to create safe, supervised aquatic areas. The course prepares 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 standard evaluation criteria and complete final skills and knowledge assessment.

COURSE LENGTH

Classroom and Pool - 40 hours of teaching time
Observation – 2 hours
Final scenarios – 3-5 hours

PRE-COURSE REQUIREMENTS

15 years of age on the last day of course; Red Cross Assistant Lifeguard certification (current or expired); current Standard First Aid with CPR Level C or equivalent.

COMPLETION CRITERIA

- Attend and participate in 100% of the course
- Demonstrate competency in all required skills and activities
- Complete the Pool Lifeguard observation assignment
- Ability to comprehend and successfully demonstrate the skills and pass a knowledge evaluation with a minimum mark of 75%
- Demonstrate competency in the final scenarios

EVALUATION

The course is continuously evaluated; final skills and knowledge evaluation.

CERTIFICATION

2-year certification from the last day of the course. Certified as a Red Cross Pool Lifeguard.

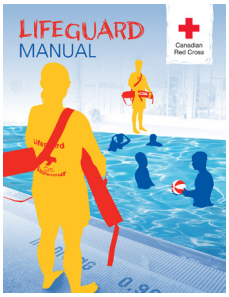
RECERTIFICATION

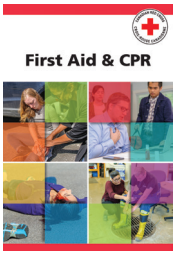
Classroom and Pool – 5 hours of teaching time

Candidates with a current National Lifeguard (NL) Pool certification and Standard First Aid with CPR Level C or equivalent certification only need to take a 12-hour Pool Lifeguard Transfer course.

COURSE MATERIALS

Lifeguard Manual
First Aid & CPR Manual





COURSE CONTENT

- 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
- Healthy Aquatic Environments
- On the Job

Red Cross Lifeguard. Skilled. Proud. Ready.

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