

Lifeguard Instructor

Being a Red Cross instructor is a fulfilling and rewarding experience. You must be 17 years of age and will need to successfully complete a Fundamentals of Instructor Training Course. If you'd like to learn more about becoming an instructor, or if you're ready to get started, contact your local Red Cross chapter to begin the process. Once you complete the Fundamentals of Instructor Training you are ready to register for our class. To register participants must complete the Fundamentals of Instructor Training and satisfy the requirements listed below.

- Possess one of the following:
 1. Current American Red Cross certificate for Lifeguarding/First Aid/CPR/AED
 2. Current American Red Cross certificate for Lifeguarding/First Aid and either an American Red Cross certificate for CPR/AED for the Professional Rescuer or CPR/AED for Lifeguards
 3. Equivalent certificate(s) from another approved organization
- Successfully complete the pre-course session
- Obtain the Lifeguarding Instructor's Manual and Lifeguarding Manual prior to entering the first classroom session of the instructor course www.redcross.org

The Pre-course Session includes a written exam and four skills scenarios based on the Lifeguard Training course knowledge and skills. The pre-course testing consists of the following:

- Swim 300 yards continuously demonstrating breath control and rhythmic breathing
- Tread water for 2 minutes using only the legs
- Complete a timed event within 1 minute, 40 seconds
 - Starting in the water, swim 20 yards
 - Surface dive, to a depth of 7 to 10 feet to retrieve a 10-pound object
 - Surface and swim 20 yards on back with both hands holding object
 - Exit the water without using a ladder or steps
- Perform rescue, CPR, and first aid skills. Complete the 3 Lifeguard Training course final skill scenarios.
- Take a pre-course written examination.

To register for Lifeguard Instructor

- You may register in person at the Centennial Sportsplex or call (615) 862-8480
- Payment will be required at the time of registration.
- Class fee: \$177.00 - Davidson Co. resident / \$192.00 - non-Davidson Co. resident
- Class materials (Instructor Manual, Lifeguard manual) can be purchased or downloaded for free at www.redcross.org

In order to be eligible for a resident fee, the user must **reside** in Davidson County. Anyone found giving false information about residency to purchase a membership or class would be barred from purchasing the same in the future. Refunds will not be available to anyone giving false residential information.

Date _____
Name _____ **Age** _____
List other American Red Cross certifications _____
Address _____
City _____ **State** _____ **Zip Code** _____
Phones: _____ **(day)** _____ **(night)** _____
Name of Class _____ **Session Dates** _____ **Time** _____
County of residence _____
E-mail address _____

Refund Policy: Refund request must be done 10 days prior to the start of the class that the participant is registered for. No refunds will be given for those who do not show up for the start of the class. Refunds can be given to those who do not complete the pre-requisite portion only and to those who request 10 days prior to the start of the class. Those who pay cash or check refund will take up to 6 weeks to process. Those who pay with credit cards can be refunded in 24 hours.