



PREPARED

TO PREVENT. PROTECT. RESPOND.

American Red Cross Lifeguarding Program

Lifeguards need to be prepared to act with speed and confidence when emergencies occur. We know that developing top-tier lifeguarding talent requires a proven and comprehensive training program that integrates the latest scientific advancements, best practices and modern instructional approaches. This ensures they are well-prepared to prevent, protect and respond in the moments that matter.

Elevate your operations with the Red Cross r.24 Lifeguarding program. With a century-long history, we have been a market leader in developing aquatic instruction and science. Our legacy is your assurance of unparalleled expertise and commitment to safety.



American Red Cross
Training Services

Rooted In Science

Confidence in our programs starts with the science. Every American Red Cross training program is backed by the Scientific Advisory Council (SAC) — a 60+ member panel of nationally recognized medical, scientific and academic experts dedicated to gathering research, conducting rigorous reviews and ensuring that program content is in alignment with industry best practices and international guidelines for resuscitation.

In addition, we are the only aquatic training provider with a specialized interdisciplinary Aquatics sub-council comprised of physicians, researchers and practitioners dedicated to applying the latest science and medical findings to our aquatics programs.

Encompassing everything from water safety to swim instruction to lifeguarding, this sub-council is committed to not only preventing water emergencies but responding to them with skill if they do occur. It strives to equip aquatics professionals with the most effective teaching, rescue, extrication and resuscitation techniques available.

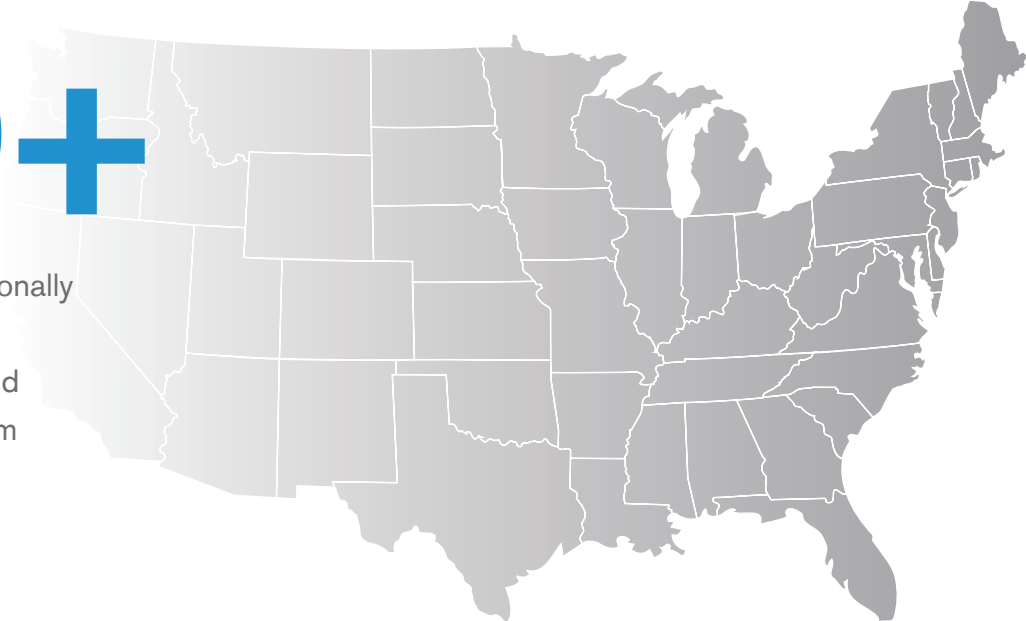
Areas of dedicated research include, but are not limited to:

- Surveillance, Scanning and Rotation
- Lifeguard Station Visibility
- Inattentive Blindness
- Drowning Resuscitation
- Single-Rescuer and Multiple-Rescuer Response
- Spinal Injury Management



60+

Member panel of nationally recognized medical, scientific, aquatics and academic experts from across the country.





Unrivaled Science-based Curriculum and Industry Best Practices

Our unparalleled curriculum is grounded in the latest science-based evidence, protocols and industry best practices. It reflects the most current policy statements, evidence reviews and guidelines from:

The International Liaison Committee on Resuscitation (ILCOR)

The American Red Cross Aquatics Guidelines and Best Practices

The International Federation of Red Cross and Red Crescent Societies

The Policy Statements, Evidence Reviews and Guidelines of:

American Academy of Pediatrics (AAP)

American College of Emergency Physicians (ACEP)

American College of Obstetrics and Gynecology (ACOG)

American College of Surgeons (ACS)

Committee on Tactical Combat Casualty Care (CoTCCC)

Society of Critical Care Medicine (SCCM) / American College of Critical Care Medicine (ACCM)

Surviving Sepsis Campaign (SSC)



The Red Cross Aquatics Guidelines and Best Practices [online repository](#) provides users

with easy-to-comprehend explanations of Red Cross scientific reviews, aquatic statements and best practices that underpin the entire Lifeguarding program.

Enhance Your Preparedness with a Modernized Training Program

The Red Cross Lifeguarding, Lifeguarding Instructor and Lifeguarding Instructor Trainer courses incorporate the most modern educational techniques and resources to make learning and teaching engaging, interactive and, above all, effective.

From enhanced surveillance and recognition skills to water rescue skills to first aid, breathing and cardiac response skills, our streamlined, time-efficient courses focus on skill application and practice to improve skill knowledge and mastery. The result? Lifeguard professionals who are prepared and confident to handle emergencies — both in and out of the water.

- Realistic educational videos
- Surveillance, scanning and injury prevention drills
- Professional-level response with team response practice
- Custom training for non-surf aquatic environments
- Simplified recertification and crossover process
- Flexible delivery options for instructors
- Comprehensive instructor resources including classroom course presentations
- Aquatics Guidelines and Best Practices online repository
- All-in-one instructional materials including a participant eBook and waterproof deck book



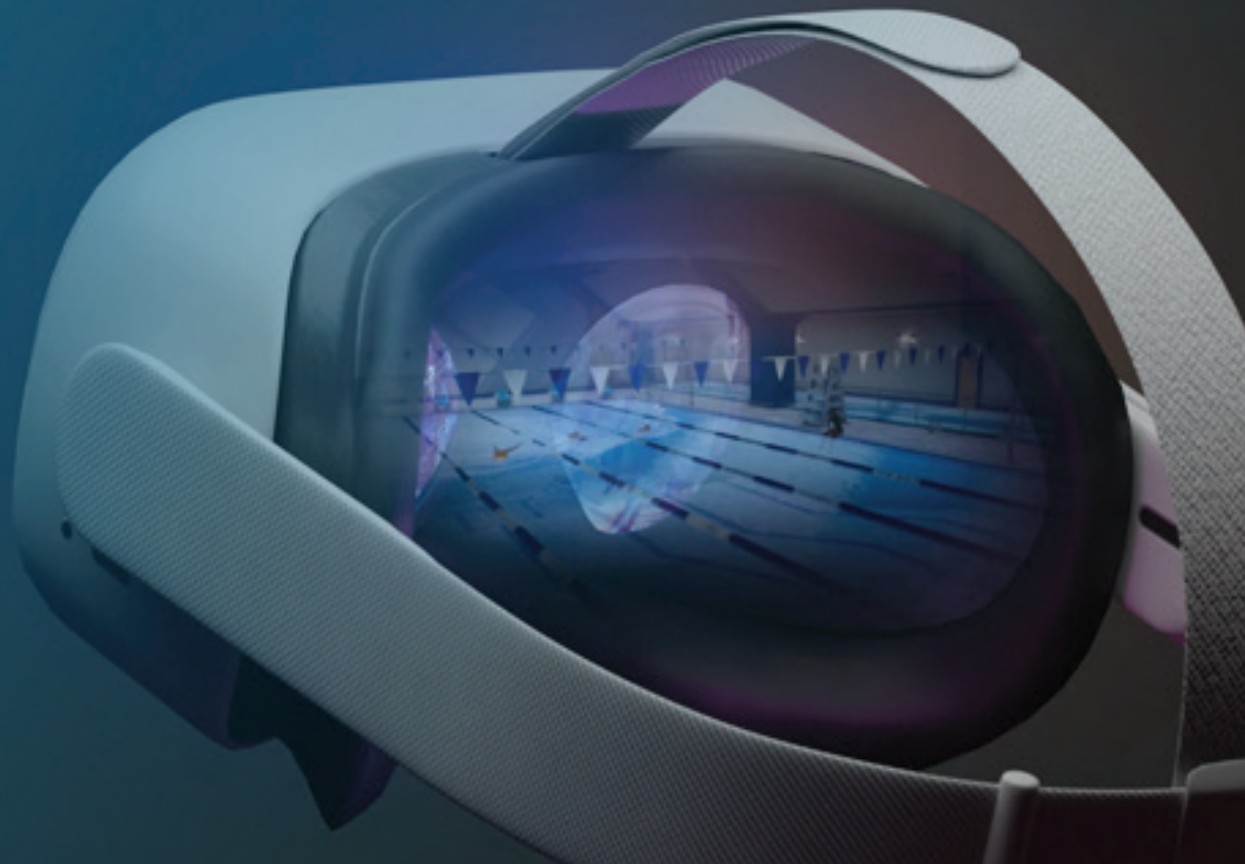
Revolutionize Surveillance and Scanning Skills with Virtual Reality

Many critical components of lifeguard training are not replicable in a classroom setting. That's why we developed the cutting-edge [Red Cross Lifeguard VR app](#) that enables lifeguards to practice and hone their surveillance and scanning skills.

This exclusive free app immerses users in dynamic, realistic drowning scenarios that include challenging elements such as glare, water movement, blind spots and diverse patron activities.

Our 5-time award-winning Lifeguard VR app enables instructors to objectively track and evaluate performance metrics and delivers an optional virtual experience that reinforces skills taught in the classroom. It's a modernized instructional approach — and one that helps ensure learner competency and scanning skill mastery.

LIFEGUARD VR





Rescue-Ready Environment

A facility's ability to effectively respond to emergencies depends on the whole team — from lifeguards to support staff to management. That is why we offer a comprehensive set of professional-level training courses designed to optimize your lifeguarding operations, training and performance.

CPR/AED for Professional Rescuers (CPRO)

Enhance your facility's Emergency Action Plan by training non-lifeguard support staff such as front desk, maintenance, concession, childcare and management in Red Cross CPR/AED for Professional Rescuers.

Lifeguard Management

This online course offers aquatic managers and lifeguard supervisors techniques that will improve their management skills as well as patron, lifeguard and facility safety.

An optional in-person session is available to offer guidance on implementing the information acquired online into your facility and ensuring compliance with the Model Aquatic Health Code.

Aquatic Examiner Service

The Red Cross Aquatic Examiner Service offers your aquatics facility a comprehensive, objective evaluation of its safety and lifeguarding operations, including specific recommendations for improvement that will make an impact and resources to help you achieve that improvement.

American Red Cross Lifeguarding/CPRO Training Courses

Basic Level Courses

Lifeguarding (including Deep Water)
Shallow Water Lifeguarding (water up to 5', 6', or 7')
Aquatic Attraction Lifeguarding (water up to 3')
Waterfront Skills
Waterpark Skills
Basic Level Crossovers
First Aid for Public Safety Personnel (Title 22)*

*The revised First Aid for Public Safety Personnel (Title 22) course is pending review and approval by CA LEMSAs. Formal launch in Spring 2024. Approval of the previous program is available through August 31, 2024.

CPR/AED for Professional Rescuers (CPRO)

CPRO
CPRO Instructor
CPRO Instructor Bridge
CPRO Instructor Crossover/Re-entry course
CPRO Instructor Trainer Bridge

Skill Boosts

NEW Skill Boost: Administering Emergency Oxygen**

American Red Cross Lifeguarding instructors are eligible to teach:

Skill Boost: Opioid Overdose and Naloxone Administration
Skill Boost: Anaphylaxis and Epinephrine Auto-Injector Administration
Skill Boost: Asthma and Quick-Relief Medication Administration
Skill Boost: Administering Emergency Oxygen

With additional training, Lifeguarding instructors are also eligible to teach:

Skill Boost: Life-threatening Bleeding and Tourniquet Application
Skill Boost: Head, Neck, Muscle, Bone and Joint Injuries and Splinting

**Can be added to any Red Cross CPR course.

Instructor Courses

Lifeguarding Instructor
Crossover/Re-entry Lifeguarding Instructor
Lifeguarding Instructor Recertification

Instructor Trainer (IT) Courses

Lifeguarding IT Academy (new blended learning)
Lifeguarding IT Recertification



**American
Red Cross**

For more information about the
Red Cross Lifeguard & CPR/AED Programs
visit redcross.org/lifeguarding



American Red Cross
Training Services