



**American  
Red Cross**

# Aquatics Catalog

**LEARN-TO-SWIM**



**LIFEGUARDING**



**AQUATIC  
EXAMINER  
SERVICE**



**RESOURCES FOR  
YOUR FACILITY  
AND COMMUNITY**



**INSTRUCTOR  
TRAINING**



[redcross.org/aquatics](http://redcross.org/aquatics)

# Aquatics Catalog

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## Why choose the American Red Cross as your aquatics partner?

### The Gold Standard

The American Red Cross has been the gold standard in lifesaving, water safety and swimming instruction since 1914.

The trusted brand for certification and training, the Red Cross provides a full suite of aquatic training that helps people enjoy the water safely and skillfully, and results in professionally trained lifeguards who are able to prevent and respond to aquatic emergencies.

### Investment in Continued Excellence

Developing and maintaining the excellent Health and Safety training programs that the Red Cross provides requires significant investment, and the Red Cross pricing schedule has been structured to recover part of this cost of program development.

The Red Cross is committed to ensuring that no at-risk community will ever be denied access to Red Cross training because of its inability to pay. To achieve this goal, the Red Cross actively seeks donors and grants.

### Highest Quality, Current Science

Red Cross training and resources are of the highest quality, reflecting the involvement of the nation's foremost experts in their fields actively contributing to the development of its materials and the training of its instructor force.

All new courses reflect the latest science from the Emergency Cardiovascular Care and First Aid Guidelines, and for the Lifeguarding program, findings from the 2011 United States Lifeguard Standards Coalition Report.

Courses are also reviewed and approved by the American Red Cross Scientific Advisory Council, a panel of nationally recognized experts in emergency medicine, sports medicine, emergency medical services (EMS), emergency preparedness, disaster mobilization and other public health and safety fields.

Red Cross now offers Simulation Learning—an award winning leading edge technology that delivers an optimal training and learning experience that transforms the approach to emergencies from a reaction to an empowered response. Red Cross Simulation Learning is the winner of 2 Gold Brandon Hall Awards for Best Custom Content and Best Use of Games or Simulations.

The progressive, multi-level instructional approach of the Learn-to-Swim courses maximizes participant success and includes the most current biomechanics, stroke descriptions and diving progressions, with an emphasis on drowning prevention.



### Essential Drowning Prevention/Water Safety Elements

Drowning prevention and water safety are essential elements of the Red Cross Learn-to-Swim program with personal water safety knowledge and skills integrated into every level.

Water safety courses and presentations are available to educate the public of all ages about water safety, ranging from Longfellow's WHALE Tales for youth to sun safety and rip-current safety.

### Exceptional Training System

The Red Cross trains its instructors not only in the content, but also how to teach effectively, using a combination of techniques.

The instructional format simplifies preparation time and makes it easy for Aquatic instructors to teach any swim level successfully. This system recognizes that many new Red Cross Aquatic instructors are learning how to teach for the first time, and builds this fact into its instructor training with its unmatched train-the-trainer system.

Resources are available to support Aquatic instructors, including newsletters to parents, achievement cards and sample block and lesson plans for every level, as well as a website dedicated just to instructors: [instructorcorner.com](http://instructorcorner.com).

### Additional Benefits:

- Two-year certification for lifeguards, including First Aid, CPR/AED
- Two-year certifications for instructors in Water Safety (WSI) and Lifeguarding
- Digital certificates
- Choice of print or free digital participant and instructor-training materials for most courses
- Online and online/onsite options
- Free digital refreshers for Lifeguarding, First Aid, CPR and AED
- Continuing education units (CEU)
- More support for instructors:
  - Dedicated website with resources, downloadable materials and online ordering
  - Centralized customer service call center (1-800-RED CROSS) with extended hours and administrative user support
  - Convenient online update to new programs

### Local and National System of Support and Resources

- Your support team, including specialized Red Cross Aquatics representatives
- Professionally produced marketing support, including print ads and other enrollee recruitment tactics that you can customize with your information
- A national call center that helps ensure consistent customer service and record-keeping



## The Scientific Advisory Council

### The Security of Evidenced-Based Science

Behind every American Red Cross health and safety training program stands a team of experts ensuring what is taught is based on the latest and best in emergency science. Their guidance has an impact on everything, from course content to how to respond when disasters strike. The American Red Cross Scientific Advisory Council is a 50+member panel of nationally-recognized medical, scientific, and academic experts dedicated to ensuring that the Red Cross is at the vanguard of best-science and best-practice.

With members from a broad range of professional specialties, the Council has an important advantage: a broad multidisciplinary expertise for evaluating new emergency response methods and techniques. And with on-the-ground experience, its members also bring the know-how for real-world emergencies.

The seven members of the Aquatics Subcouncil, led by Peter G. Wernicki, MD, FAAOS, prepare research briefs and recommendations reviewed by the full Council on how best to apply the latest science and medical findings to our Aquatics programs. The full Council then conducts its own review of the research, with all Subcouncils participating. Following this rigorous scientific review, if the Council votes to recommend the change for implementation, the Red Cross then incorporates it into training materials and makes the information available to the public, free of charge.

### SAC reviews for Aquatics include:

- Guidance for handling a drowning emergency
- Critical Incident Stress Debriefing (CISD)
- Drowning and Abdominal Thrusts
- AED Use on Infants
- CPR Skill Retention
- Bag-Value-Mask vs. Mask
- Voluntary Hyperventilation
- Preceding Underwater Swimming
- Lightning Safety for Pools
- Water Competency





# Training for Your Community

(Certification provided only where noted)

## Learn-to-Swim Program

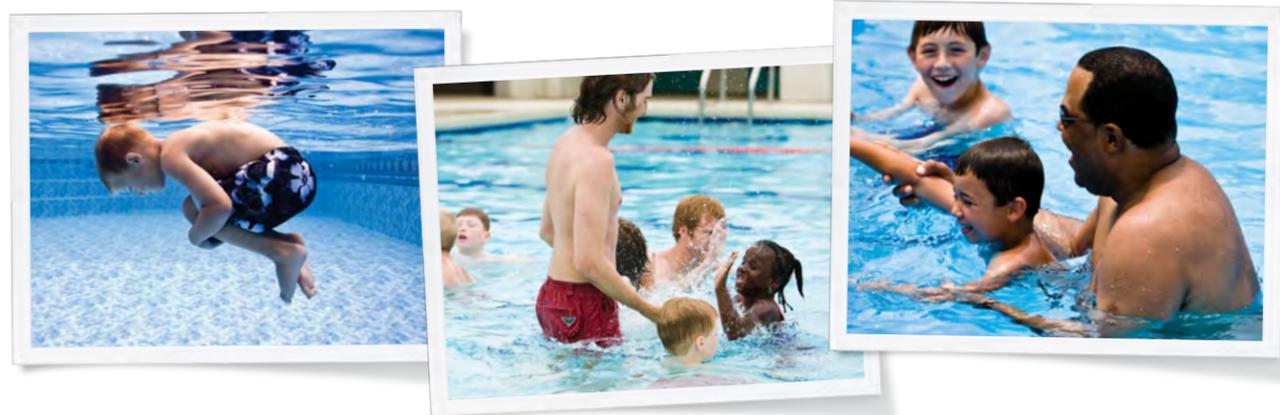
With an emphasis on drowning prevention and water safety, the Red Cross Learn-to-Swim program has been helping Americans at home and at military installations overseas to enjoy the water safely for nearly 100 years. Courses are available for a variety of ages and skill levels, including those with disabilities and other health conditions.

The progressive, multi-level instructional approach of swim courses maximizes participant success and includes the most current biomechanics, stroke descriptions and diving progressions.

The Red Cross offers a variety of communication tools and instructional resources for the convenience of its Water Safety instructors, such as:

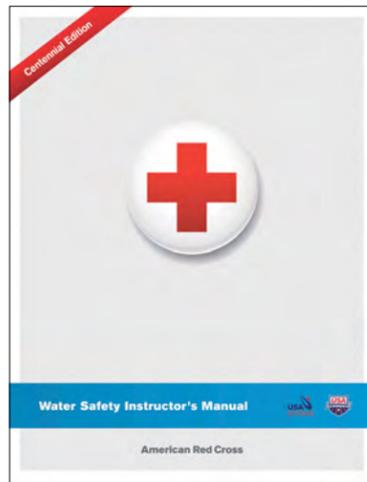
- Newsletter templates
- Achievement cards
- Sample block and lesson plans for each level

For detailed information on Learn-to-Swim prerequisites, objectives and skills videos, download the Red Cross Swim App.



## Learn-to-Swim Courses

Course	Objective
<b>Parent &amp; Child Aquatics Levels 1 &amp; 2</b> Recommended Age: 6 months–3 years	Orients young children to the water and prepares them for Preschool Aquatics or Learn-to-Swim courses
<b>Preschool Level 1</b> Recommended Age: 3–5 years	Orients children to the Aquatic Environment and teaches them the basic aquatic skills
<b>Preschool Level 2</b> Recommended Age: 3–5 years	Build upon the skills learned in Preschool Level 1 to gain more comfort and independence
<b>Preschool Level 3</b> Recommended Age: 3–5 years	Helps children start to gain basic swimming propulsive skills
<b>Level 1: Introduction to Water Skills</b> Recommended Age: 6 years and up	Helps participants feel comfortable in the water
<b>Level 2: Fundamental Aquatic Skills</b> Recommended Age: 6 years and up	Gives participants success with fundamental aquatic skills
<b>Level 3: Stroke Development</b> Recommended Age: 6 years and up	Builds on Level 2 skills through additional guided practice
<b>Level 4: Stroke Improvement</b> Recommended Age: 6 years and up	To develop confidence in the strokes learned so far
<b>Level 5: Stroke Refinement</b> Recommended Age: 6 years and up	To coordinate and refine all the swimming strokes and swim longer distances
<b>Level 6 Options: Personal Water Safety or Fitness Swimmer or Fundamentals of Diving</b> Recommended Age: 6 years and up	To refine strokes so students swim them with more ease, efficiency, power and smoothness over greater distances. Level 6 options focus on preparing participants for more advanced aquatic activities
<b>Adult Swim—Learning the Basics</b>	Helps participants gain basic aquatic skills and swimming strokes
<b>Adult Swim—Improving Skills and Swimming Strokes</b>	Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes
<b>Adult Swim—Swimming for Fitness</b>	Refine participants' front crawl, back crawl and breaststroke strokes and turns and build endurance



## Water Safety Training Manuals

### Instructor's Manual with CD-ROM

FREE download at [instructorscorner.org](http://instructorscorner.org)

Stock #: 651313 / ISBN: 978-1-58480-445-1

### Participant's Manual

FREE download at [redcross.org/training](http://redcross.org/training)

Stock #: 651314 / ISBN: 978-1-58480-446-8



## Lifeguarding

The American Red Cross Lifeguarding Program includes:

- The latest science
- Increased physical competency requirements, with expanded prerequisites and a new, timed scenario required to complete the Lifeguarding course
- Strong focus on surveillance and water rescue training, including what to do when things don't go as practiced
- A single 2-year Lifeguarding certification, including First Aid and CPR/AED
- Objective-based rescue training with an emphasis on team response
- FREE digital refreshers

Course format has also been streamlined to include two core training courses, featuring a new blended learning version, plus optional add-on modules. View sample training materials at [redcross.org/previewkits](http://redcross.org/previewkits).



### Core Courses

Available in both traditional in-person training and the new online/onsite blended learning option. Topics for our two core courses include:

- Prevention
- Water rescue skills
- Surveillance and recognition
- First Aid/CPR/AED

**AED training is a required component of all Lifeguarding courses.** Call 1-800-RED CROSS to get help setting up an AED program for your facility.

**Lifeguarding Comparison Portfolio**

	Lifeguarding	Shallow Water Lifeguarding	Aquatic Attraction Lifeguarding
<b>Aquatic Facility Depth</b>	Any Depth	Up to 5'	Up to 3'
<b>Certification Validity Period</b>	2 years	2 years	2 years
<b>Instructor Led Course duration</b>	Full course: 25:20 Review: 12:50	Full Course: 24:00 Review: 11:50	Full Course: 22:30 Review: 11:45
<b>Blended Learning course duration (Online/Classroom)</b>	Full Course: 7:25/19:30 Review: 7:25/11:10	Full Course: 7:25/18:10 Review: 7:25/10:10	N/A
<b>Waterpark Facilities and/or Facilities with Aquatic attractions</b>	Yes with Waterpark Skills add-on module	Yes with Waterpark Skills add-on module	Yes (no additional training required)
<b>Waterfront Facilities—Non-surf, Open water areas</b>	Yes with Waterfront Skills add-on module	N/A	N/A
<b>Includes First Aid/CPR/AED for the Professional Rescuer certification</b>	Yes	Yes	Yes
<b>Bridging Opportunities</b>	In Service Training guide is available to train Lifeguards in Aquatic Attraction Lifeguarding (Water ≤ 3') skills	Bridge course available to train Shallow Water Lifeguards in Lifeguarding	Bridge courses available to train Aquatic Attraction Lifeguards in Shallow Water Lifeguarding & Lifeguarding

**Optional Add-on Modules**

These are available in traditional in-person training format only. Certification in a core course is a prerequisite.

**Administering Emergency Oxygen**

How to use emergency oxygen and breathing devices, including bag-valve-mask (BVM) resuscitators

**Course length:** less than 2 hours

**Anaphylaxis & Epinephrine Auto-injectors**

How to administer an epinephrine auto-injector to an individual experiencing a severe allergic reaction

**Course length:** 1 hour

**Asthma**

How to administer an asthma inhaler to an individual experiencing an asthma attack

**Course length:** 45 minutes

**Bloodborne Pathogens Training**

- How bloodborne pathogens are spread
- How to avoid exposure
- What to do if exposed to infectious material

Choose between traditional classroom and new online training options

**Course length:** 1 to 2 hours





### Lifeguarding Refreshers

The Red Cross Refresher Center helps lifeguards maintain the knowledge and skills learned during training. You'll challenge yourself with interactive quizzes, games, learning activities, videos and more to keep your skills fresh between certifications.

Topics include water rescue skills, decision-making, First Aid and CPR knowledge.

Access these modules at [redcrossrefresher.com/lifeguarding](http://redcrossrefresher.com/lifeguarding)

### Junior Lifeguarding

The Red Cross Junior Lifeguarding Program is designed to guide adolescents ages 11–14 to the Red Cross Lifeguarding course by building a foundation of knowledge, attitudes and skills of future lifeguards. It serves to bridge the gap between Learn-to-Swim and Lifeguarding, and includes the following topics:

- Development of swimming skills and endurance
- Victim recognition
- First Aid/CPR/AED
- Water rescue skills

### Lifeguard Training Materials

#### Instructor's Manual

FREE download at [instructorscorner.org](http://instructorscorner.org)

Stock #: 655736 / ISBN: 978-1-58480-488-8

#### DVD Set

Stream for FREE from [instructorscorner.org](http://instructorscorner.org)

Stock #: 655739 / ISBN: 978-1-58480-491-8

#### Multimedia Course Presentation

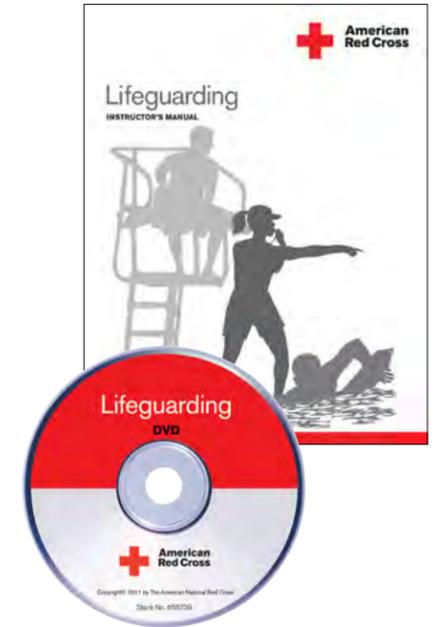
Includes all of the visual information needed to conduct the Lifeguarding course, such as lecture points, video segments and selected skill sheets

FREE download at [instructorscorner.org](http://instructorscorner.org)

#### Participant's Manual

FREE download at [redcross.org/training](http://redcross.org/training)

Stock #: 655735 / ISBN: 978-1-58480-487-1



## Aquatic Examiner Service *Newly updated!*

### Partner with the leader in aquatic and safety training.

Our AES Client Facility Program is designed to:

- Develop goals to improve operations, training and performance
- Increase lifeguard accountability, attention to safety, professionalism, and pride
- Reinforce and strengthen the lifeguard's emergency response skills
- Maintain high lifeguarding operational standards

The AES program starts with a Red Cross examiner conducting an in-depth facility tour to understand your safety and lifeguarding operations. You'll then receive a comprehensive, objective evaluation based on American Red Cross Lifeguarding program standards—100 years of science-driven, evidence-based course content and educational design. Included will be the recommendations and resources needed to help you achieve and maintain those facility improvements.

As a follow-up, operational visits will evaluate on-the-job lifeguard performance, including surveillance and rescue skills. Team skills scenarios test the ability of the staff to perform and give the opportunity to learn how to improve with immediate remediation, if needed.

Call **1-800-RED CROSS** to get started or speak to your Red Cross aquatics representative:  
[redcross.org/aquaticsrepresentatives](http://redcross.org/aquaticsrepresentatives)



## Training

(Certification provided only where noted)

### Water Safety Instructor Training

Through video, simulation learning, and hands-on skill building, the Water Safety Instructor course is designed to train Water Safety instructors to use a variety of teaching strategies, including:

- Class management techniques
- Lesson planning and execution
- Observation and assessment
- Tools to be great new instructors

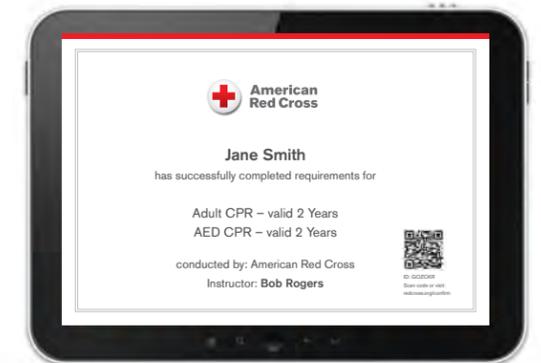
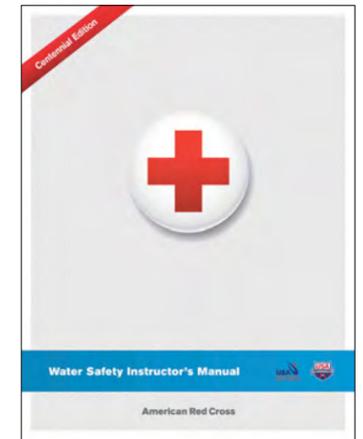
It strongly emphasizes water safety as the foundation of aquatic recreation and provides detailed information on basic and more advanced aquatic skills. It offers the most current biomechanics concepts in regards to stroke descriptions, in consultation with USA Swimming; updated diving techniques and learning progressions, in consultation with USA Diving; and much more.

Certifies individuals to teach children and adults water safety, survival and swimming skills, as well as to give community water safety presentations.

- Digital certification available
- Simplified course record entry:  
[redcross.org/courserecord](http://redcross.org/courserecord)

**Course length:** 30 1/2 hours

**Certification:** Water Safety Instructor for 2 years





### Lifeguarding Instructor Course

Certifies individuals to teach all Lifeguarding courses (core courses and optional add-ons, with the exception of Waterfront Skills, which also requires a Waterfront Skills certification) and:

- Demonstrates the characteristics required to be a Red Cross representative and role model
- Teaches courses in a manner that helps participants stay engaged in the learning process
- Ensures participants' health and safety during training
- Demonstrates skills at an appropriate level of performance
- Maintains complete and accurate records and reports
- Plans, organizes and conducts the courses and presentations in the Lifeguarding program in accordance with the requirements of the specific course or presentation they will be teaching, and evaluates participants
- Monitors participants' practice and provides corrective feedback and encouragement consistent with the skill-assessment criteria

Course length: 21 hours

Certification: Lifeguarding Instructor for 2 years

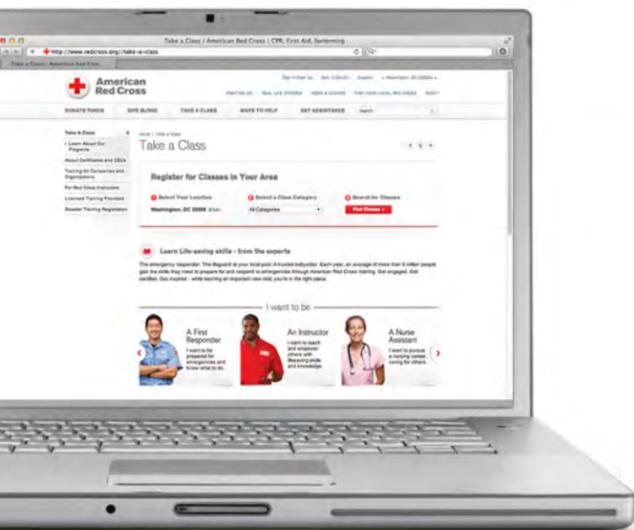
### Lifeguard Management Course

#### New! Online course

A facility is only as safe as its lifeguard team can make it. Improve your staff's team management skills with this one-day course that teaches aquatic managers and lifeguard supervisors how to effectively manage lifeguards and keep patrons, lifeguards and aquatic facilities safe. The course is compliant with the newly released Model Aquatic Health Code.

This course covers the following topics:

- Hiring and training lifeguards
- Team building
- Injury prevention
- Risk management
- Emergency response planning



### Safety Training for Swim Coaches

Developed in collaboration with USA Swimming, this course teaches swim coaches and other aquatic professionals how to prevent and respond to emergencies while on the pool deck.

Topics include:

- Preparing an emergency action plan
- Recognizing a swimmer in distress
- Rescuing swimmers, using non-swimming techniques
- Handling spinal injuries
- And more

Course length: 6 hours

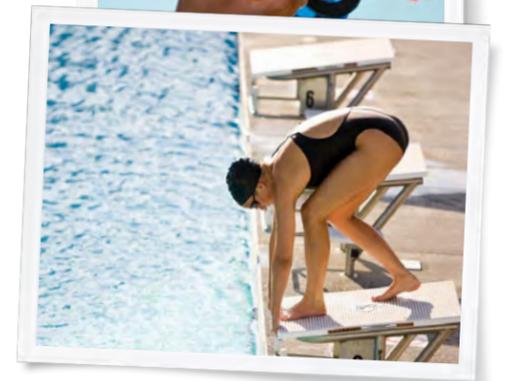
Safety Training for Swim Coaches/First Aid: 2 years

#### Instructor's Manual

FREE download at [instructorscorner.org](http://instructorscorner.org)

#### Participant's Supplement

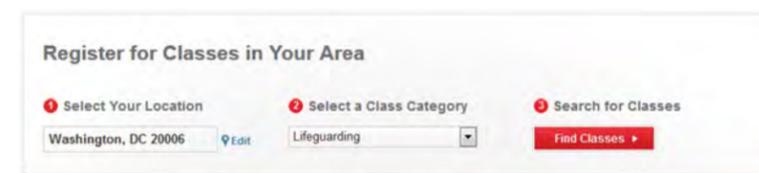
FREE download at [redcross.org/training](http://redcross.org/training)



## Add Your Courses on redcross.org

### Did You Know?

You can now post your facilities courses on [redcross.org](http://redcross.org). To leverage what the Red Cross brand can do for your business. Go to [arcphss.org/LTPonRCO](http://arcphss.org/LTPonRCO) or contact your Red Cross Representative: [redcross.org/aquaticsrepresentatives](http://redcross.org/aquaticsrepresentatives).



## Products

Available on [redcrossstore.org](http://redcrossstore.org)

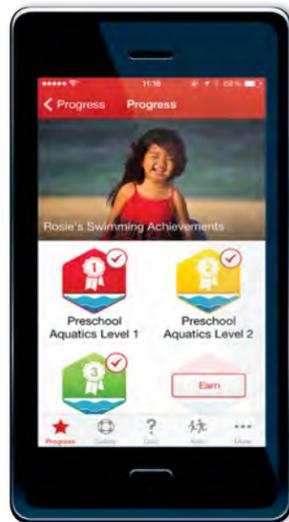


# More for Your Community

## Swim App

### Value of the Red Cross Swim App to your facility: More engaged parents/caregivers!

- **Parental/Caregiver Expectation:** The app breaks down each Learn-to-Swim level and outlines the purpose and skills which will be learned in the class.
- **Helps their child progress:** Identify what the parent can do with the child between classes to reinforce what they are learning, ensuring a higher success rate.
- **Achievements and Badges:** Unlock to share with family members electronically when completed.
- **Safety outside the pool:** Sections dedicated to water safety in specific environments for both adults and children.



### Get the American Red Cross Swim App.

Text SWIM to 90999, and we'll send you a link to download the app, or search the iTunes® app store or Google Play™ for American Red Cross.



## Water Safety Courses and Presentations

(Certification provided only where noted)

### Water Safety Courses

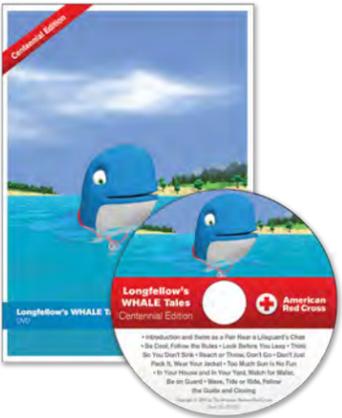
#### Longfellow's WHALE Tales

This program helps you to teach the elementary-school-age children in your community about water safety and drowning prevention in an engaging, age-appropriate way to aid comprehension and retention.

- Longfellow WHALE Tales is taught to raise children's awareness of safe behavior in, on and around the water.
- WHALE Tales is a free course that can be taught by any Aquatic Leader or Instructor.
- Your facility can easily train non-Instructor staff (Lifeguards, Teachers, Youth Leaders) to become Aquatic Leaders.
- WHALE Tales can be taught without a pool and is a great rainy day activity for Schools, Summer Camps, and during Swimming Lessons.

#### Course Materials:

- **Educational Packet:** Lessons are supported by 11 colorful posters and a CD-ROM of teaching tools, including topic outlines, fact sheets, activity sheets and certificates. **Stock #:** 651315
- **DVD:** 25 minutes, starring Longfellow, the animated whale. Supports the Educational Packet. **Stock #:** 65131
- **Participant Stickers:** Reinforce key safety messages and encourage discussion between children and parents. Each pack contains 25 stickers for each of the 11 lessons. **Stock #:** 651323



#### Who is Longfellow the Whale?

Our Longfellow the Whale character is based on the actual person who initiated the American Red Cross swimming and water safety program. As a young reporter covering the Rhode Island waterfront in the late 1800s, Commodore Wilbert E. "the Amiable Whale" Longfellow was dismayed at the increasing number of tragic drownings that he reported. As he read up on all of the available information about aquatics, he became certain that drownings could be prevented by the teaching and practicing of water safety, as well as by adequate supervision.

Given one month to live due to a terrible illness, the Amiable Whale had to give up his day job, but fought his way to good health and began his one-man crusade to "waterproof America." The Amiable Whale enlisted the American Red Cross in 1914 to develop the first nationwide water safety program, including the first trained lifeguards, a volunteer corps of swimming instructors, and a public-service campaign broadcast over the newly invented radio.

## Water Safety Courses

### Home Pool Essentials

This online course, co-written with the National Swimming Pool Foundation, is designed to help home pool owners properly operate and safely enjoy a home pool or hot tub by learning the steps to maintain them, and how to plan for what to do in an emergency.

Includes six months of access to the course and free downloadable copy of Home Pool Essentials™: Maintenance and Safety Resource Guide. **Available for \$19.95 at [homepoolsentials.org](http://homepoolsentials.org).**

**Course length:** 2 hours

**Certification:** Home Pool Essentials™: Maintenance and Safety (no validity period)

### Basic Water Rescue

This in-person course provides individuals with the knowledge and skills necessary to prevent, recognize and respond to many types of aquatic emergencies.

The Basic Water Rescue course does not provide participants with all the knowledge and skills needed to be certified as a lifeguard.

**Course length:** 4 ½ hours

**Certification:** Basic Water Rescue for 3 years

### Personal Water Safety

This in-person course builds on basic swimming and safety skills and provides individuals with the knowledge and skills necessary to avoid aquatic emergencies and perform self-rescues in some aquatic-emergency situations.

Each one-hour lesson begins with a safety discussion, followed by an in-water skills session.

The Personal Water Safety course is not designed to provide participants with the knowledge and skills needed to be certified as a lifeguard.

**Course length:** 5 hours

**Certification:** Personal Water Safety for 3 years



## Free Water Safety Presentations

Download at [instructorscorner.org](http://instructorscorner.org)

### General Water Safety

This presentation covers the following topics:

- The importance of water safety education and learning how to swim
- General water safety tips
- Watching children around water
- Water activities (such as pool parties) and safety

**Presentation length:** 32 minutes

### Home Pool Safety

Teach participants what to be aware of and steps to take to keep their family and guests safe at a home pool. Demonstrate how to perform reaching, throwing and wading assists.

**Presentation length:** 30 minutes

### Parent Orientation to Swim Lessons

Let parents know how best they can provide guidance, care, supervision, motivation and support as their children participate in Red Cross swim lessons offered at your facility.

**Presentation length:** 30 minutes

### Rip Current Safety

After completing this presentation, participants will be able to:

- Recognize the dangers posed by rip currents
- Explain steps to take to avoid and escape rip currents

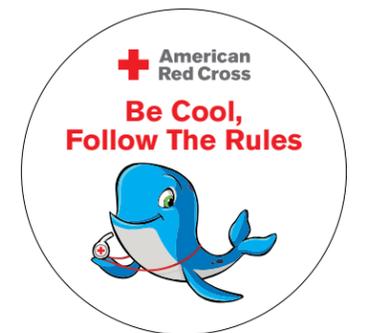
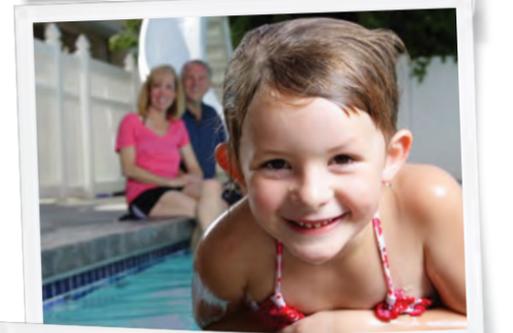
**Presentation length:** 30 minutes

### Sun Safety

After completing this presentation, participants will be able to:

- Recognize the importance of being sun safe
- Explain steps to take to reduce exposure to ultraviolet (UV) rays

**Presentation length:** 30 minutes





### Water Safety Today

After completing this presentation, participants will be able to:

- Describe risks associated with an aquatic environment and activities, such as drowning or head, neck and back injuries
- Describe how to recognize, prevent and respond to emergencies in, on and around water
- Recognize the importance of water safety training
- Explain steps to take to remain safe in, on and around various water environments, including oceans, lakes, rivers and water parks
- Describe appropriate safety practices and rules that should be in place and enforced at residential pools
- Demonstrate how to perform reaching and throwing assists
- Describe steps for preventing overexposure to the sun
- Describe how to prevent recreational water illnesses (RWIs)

**Presentation length:** 2 hours



[redcross.org/aquatics](http://redcross.org/aquatics)



### **Mission**

The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors.

**[redcross.org/aquatics](http://redcross.org/aquatics)**