



Enhance Your Preparedness with a Modernized Training Program

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

Unrivaled Science-based Curriculum Plus a Modernized Instructional Approach

Confidence in our programs starts with the science. Our unparalleled curriculum is grounded in the latest science-based evidence, protocols and industry best practices.

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

- 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 cross-over process for lifeguards and instructors
- Flexible delivery options for instructors
- Comprehensive instructor resources including classroom course presentations
- Aquatic Guidelines and Best Practices online repository of the science that underpins the Lifeguarding program
- All-in-one instructional materials and waterproof deck book
- Adaptive learning (Lifeguard recertification courses and CPRO) that enables students to progress at their own pace, quickly advance through familiar concepts and focus on building new strengths

The result? Lifeguard professionals who are prepared and confident to handle emergencies — both in and out of the water.

A Full Portfolio to Meet All Needs

Core Courses

Aquatic Attraction Lifeguarding (Water up to 3')
Lifeguarding (Including Deep Water)

Lifeguarding Instructor
Shallow Water Lifeguarding
(Water up to 5', 6', 7')

Add-on Modules and/or Standalone Courses

CPR/AED for Professional Rescuers
Bloodborne Pathogens
First Aid for Public Safety Personnel
(California Title 22)
Lifeguard Management
Safety Training for Swim Coaches
Skill Boost: Administering Emergency Oxygen
Skill Boost: Anaphylaxis and Epinephrine
Auto-Injector Administration

Skill Boost: Asthma and Quick-Relief
Medication Administration
Skill Boost: Head, Neck, Muscle, Bone and
Joint Injuries and Splinting
Skill Boost: Life-threatening Bleeding and
Tourniquet Application
Skill Boost: Opioid Overdose and
Naloxone Administration
Waterfront Skills
Waterpark Skills

Three Learning/Testing Options

Blended learning (online + classroom), including adaptive learning that enables students to progress at their own pace, quickly advance through familiar concepts and focus on building new strengths

Instructor-led (100% classroom)
Recertification courses for Lifeguarding, Lifeguarding Instructor/Instructor Trainer to maintain certification and competency

Two Delivery Outlines

Intensive (long weekend courses)
Extended (once/week or full week courses)

Support Materials

Lifeguard VR App: a first-of-its-kind virtual reality app to enhance surveillance skills
Free Lifeguarding Manual eBook
Lifeguarding Instructor's Deck Book for in-water training sessions

**Prepared to Prevent.
Protect. Respond.**

Ready to learn more?
redcross.org/lifeguarding

