



**City of Cheyenne Recreation and Aquatics Division**

**American Lifeguard Red Cross Lifeguard Instructor Training**

**Course Schedule and Homework Assignments**

<u>Session</u>	<u>Date</u>	<u>Hours</u>	<u>Time</u>	<u>Location</u>
<b>Precourse Session</b>	<b>Monday June 7, 2021</b>	<b>3.0</b>	<b>9am-12pm</b>	<b>Aquatic Center</b>
<i>Verification of age/training pre reqs/intro to precourse skills/skills session/practice teaching overview and assignments/manikin care/wrap up</i>				
<b>Session 1</b>	<b>Monday January 7, 2021</b>	<b>3.0</b>	<b>12pm-3pm</b>	<b>Aquatic Center</b>
<i>Verification of pre reqs, intro, lifeguarding program, materials, science and benchmarks, get to know the lesson plans, concepts of learning-MARS, teaching strategies, lecture, guided discussion and facilitation skills, conducting skill practice sessions/scenarios, observing and evaluating skill performance, using skill assessment tools, conducting skill drills, reciprocal practice, practice teaching preparation, prepare for session 2.</i>				
<b>Session 2</b>	<b>Tuesday June 8, 2021</b>	<b>6.0</b>	<b>9am-3pm</b>	<b>Aquatic Center</b>
<i>Giving feedback, practice teaching assignment 1, multiple rescuer response scenarios, assessing the final skills scenarios, lifeguard recognition and response activities, reciprocal practice, prep for session 3</i>				
<b>Session 3</b>	<b>Wednesday June 9, 2021</b>	<b>6.0</b>	<b>9am-3pm</b>	<b>Aquatic Center</b>
<i>Practice teaching reminders, practice teaching assignment 2, practice teaching assignment 3, prep for session 4</i>				
<b>Session 4</b>	<b>Thursday June 10, 2021</b>	<b>4.0</b>	<b>9am-12pm</b>	<b>Aquatic Center</b>
<i>Practice teaching 4, conducting the precourse, administering final written exams, conducting review courses, planning and preparing to teach, adapting your courses, American red cross learning center, reporting teaching activity, course completion certificates, American red cross awards, instructor support, teaching other red cross courses, instructor exam, and closing.</i>				

*\*\*\*Schedule can change during the class and is an estimation of what time we will need. \*\*\**

*\*\*\*Breaks will be taken throughout each session. Full Attendance is required in order to pass the course. \*\*\**



**Course Costs:**

**\$300.00 Total Fees**

**(Includes all manuals and required materials, and certification from ARC)**

**Make Checks Payable to City Treasurer**

**Pre-course Requirements:**

The Precourse for the LGI Course will include 2 scenarios that will incorporate lifeguarding skills, including both land and water skills. (CPR/AED, First Aid, Water Rescues). You must participate as the rescuing lifeguard in both scenarios and show competency in all of the required activities. The scenarios will be followed with a skills and polish session. You must show competency in all skills. This is not meant to teach a new skill, but to polish skills that you are competent in. If you do not pass one of the two scenarios you will be granted a same day re test. If competency is not achieved you will not be able to continue the course.

**Age Requirement:**

To be certified by the American Red Cross participants must be 17 years old before completion of the class. Participants may be asked to prove their age at the pre-course: driver's license and or birth certificate are valid for proving age.

**Employment:**

If you are interested in becoming an instructor for the Cheyenne Aquatic Center please contact Desiree Crosier for more information. 307-637-6455.

**Registration deadline is**

**Sunday May 16<sup>th</sup> at 5pm.**

Register for the class by calling 307-637-6455 or visit the  
Cheyenne Aquatic Center.