

Lifeguard Instructor Course Syllabus Spring 2020

Cost: \$125 City of Tullahoma Employees \$175 Non-employees

D.W. Wilson Community Center, 501 North Collins Street, Tullahoma, TN 37388 (931) 455-1121

Course limited to 10 participants.

Register at D.W. Wilson Community Center by 4:00pm on February 28th.

The online homework link & additional class information will be emailed at 5:00pm on February 28th.

Please contact me with any questions. Sheila Rico 931-455-1121 (office) 931-307-9742 (cell)

***Prerequisites:**

Current Lifeguard Certificate

17 years old on or before March 15th

Completion of Online Homework (approximately 1-2 hour) before first class session on March 7th.

PRECOURSE SKILLS SESSION Saturday, March 7th 4pm-8pm

Verification of Age, Training Prerequisites, Into to Precourse Session	4:00 PM
Practice-Teaching Overview & Assignments	4:10 PM
Manikin Care and Decontamination	4:40 PM
Verification of Instructor Course Prerequisites	5:00 PM
Introduction to the Instructors Course	5:05 PM
The Lifeguarding Program	5:20 PM
Lifeguarding Instructor Precourse Skills- Pool	5:40 PM
Session Wrap-Up	7:55 PM
Finish	8:00 PM

SESSION 1: LIFEGUARDING INTRODUCTION Sunday, March 8th 4pm-8:15pm

Lifeguarding Program Materials	4:00 PM
Science and Program Benchmarks	4:10 PM
Get to Know the Lesson Plans	4:30 PM
Concept of Learning - MARS	4:50 PM
Teaching Strategies	5:05 PM
Lecture, Guided Discussion and Facilitation Skills	5:20 PM
Conducting Skill Practice Sessions and Scenarios	5:40 PM
Observing and Evaluating Skill Performance	6:25 PM
Using Skill Assessment Tools	6:35 PM
Conducting Skill Drills - Pool	7:05 PM
Reciprocal Practice- Pool	7:25 PM
Practice-Teaching Preparation	7:40 PM
Prepare for Session 2	8:10 PM
Finish	8:15 PM

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SESSION 2: LECTURE AND SKILL PRACTICE Saturday, March 14th 4pm-9pm

Giving Feedback	4:00 PM
Practice-Teaching Assignment 1	4:10 PM
Multiple-Rescuer Response Scenarios	6:40 PM
Assessing the Final Skills Scenarios	7:25 PM
Lifeguard Recognition and Response Activities- Pool	7:40 PM
Reciprocal Practice	8:10 PM
Preparation for Session 3	8:25 PM
Finish	9:00 PM

SESSION 3: SKILL PRACTICE Sunday, March 15th 9am-5:35pm

Practice-Teaching Reminders	9:00 AM
Practice-Teaching Assignment 2- Pool	9:10 AM
Practice-Teaching Assignment 4- Pool	11:10 AM
Break	12:30 PM

SESSION 4: SENARIOS AND CLOSING

Practice-Teaching Assignment 3- Land	1:30 PM
Conducting the Precourse Session	3:30 PM
Administering Final Written Exams	3:40 PM
Conducting Review Courses	3:45 PM
Planning and Preparing to Teach	3:50 PM
Adapting Your Courses	4:00 PM
American Red Cross Learning Center	4:05 PM
Reporting Teaching Activity	4:10 PM
Course Completion Certificates	4:20 PM
American Red Cross Awards	4:25 PM
Instructor Support	4:30 PM
Teaching Other Red Cross Courses	4:40 PM
Instructor Exam	4:55 PM
Closing	5:20 PM
Finish	5:35 PM