

Program Overview

The American Red Cross introduces the revised Junior Lifeguarding program, which is designed to guide youths ages 11-14 to the American Red Cross Lifeguarding course. The course focuses on building a foundation of knowledge, attitudes and skills of future lifeguards.

Program Highlights

- A defined course with a set lesson plan that includes developing swimming skills and practicing in-water rescues. The course is designed to be taught in approximately 30 hours and 45 minutes.
- Introduction to first aid, CPR and AED knowledge and skills.
- Appropriate for traditional pools, multi-use facilities, waterparks and waterfronts, including lakes and rivers.
- Certificate of completion for participants who successfully complete the course. The certificate does not indicate that the person is trained to be a lifeguard, and there is no validity period.
- A leader led course that may be taught by certified lifeguards under the supervision of a Lifeguarding Instructor, Lifeguarding Instructor Trainer, Water Safety Instructor or Water Safety Instructor Trainer.

Key Dates

Key Date	Activity
December 12, 2017	<ul style="list-style-type: none">• Program release with program materials, resources and information on Instructor's Corner.• New course available in the Learning Center.
January 31, 2018	Last day to teach the r.2012 Junior Lifeguarding course.
February 10, 2018	Last day to submit course records for the r.2012 Junior Lifeguarding course.

Instructor and Leader Information

To offer Junior Lifeguarding, a Lifeguarding Instructor, Water Safety Instructor or an Instructor Trainer is required to serve as the course coordinator. The instructor or instructor trainer should provide oversight throughout the planning and delivery of the course, retrieve required content from Instructor's Corner and maintain course records. The lessons within Junior Lifeguarding can be led by any certified lifeguard. Experience teaching or leading groups is highly recommended. Leaders are not required to be Red Cross instructors to teach the standard course. However, if the facility opts to replace the lessons on the introduction of First Aid, CPR and AED with certification courses then an appropriate Red Cross-certified instructor must teach those sections.

To report a Junior Lifeguarding course, the Lifeguarding or Water Safety instructor should be listed as the instructor for the course on the Course Record. The lifeguards who conduct the lessons should be listed in the Comments section.

Conducting the Junior Lifeguarding course does not fulfill the teaching activity requirement for recertification for Lifeguarding instructors or Water Safety instructors.

Leader Self-Orientation Process

Lifeguards and instructors must complete the following steps before conducting the Junior Lifeguarding course:

1. Obtain a complete set of course materials including the Junior Lifeguarding Leader's Guide and Lifeguarding DVD or video segments from Instructor's Corner.
2. Complete a self-orientation to the course.

Training Materials

Junior Lifeguarding Leader's Guide

The Junior Lifeguarding Leader's Guide is required for use by the instructor or aquatic leader to lead the sessions. It is available digitally on Instructor's Corner; Aquatic Leaders without access to Instructor's Corner may request a digital copy of the Junior Lifeguarding Leader's Guide from the instructor or instructor trainer responsible for supervising the course. Junior Lifeguarding Leader's Guide highlights include:

- Includes handouts and a sample letter to Junior Lifeguarding participants and their parents.

- Identifies segments from the new Lifeguarding video segments that should be used in support of lessons including water rescue skills, First Aid, CPR and AED skills.

Lifeguarding DVD Set

The Lifeguarding DVD set is available for purchase on the Red Cross Store. Video segments from the Lifeguarding DVD are also available to stream or download on Instructor's Corner.

Course Details

Prerequisites:

Before entering the Junior Lifeguarding course, participants must:

- Demonstrate the following skills:
 - Swim the front crawl for 25 yards continuously while breathing to the front or side.
 - Swim the breaststroke for 25 yards continuously while using a pull, breathe, kick and glide sequence.
- Complete the Water Competency Sequence
 1. Step into the water from the side and totally submerge.
 2. Maintain position for one minute by treading water or floating (or a combination of the two).
 3. Rotate one full turn and orient to the exit.
 4. Level off and swim on the front or back 25 yards.
 5. Exit without using a ladder or steps.