

# American Red Cross

## Aquatics Catalog

- Swimming and Water Safety
- Lifeguarding
- First Aid/CPR/AED



**TRAINED. EMPOWERED. PREPARED.**

With programs to meet a full range of aquatic training needs—including our NEW Swimming and Water Safety program—nobody keeps your community safer in, on and around the water than the American Red Cross.

*See inside for details ...*



**American Red Cross**

**Helping Your Community Stay Safe In, On and Around the Water**

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**See What's New from the Red Cross**



**American Red Cross Swimming and Water Safety Program**  
 Now with a greater emphasis on drowning prevention and water safety. The progressive multi-level instructional approach of Learn-to-Swim courses is supported by Parent and Child Aquatics and new Preschool Aquatics courses. **See page 3-9 for details.**

**FREE Marketing CD-ROM for Aquatic Professionals**  
 Updated to include new, customizable marketing tools such as template ads, fliers, t-shirt designs, course descriptions, Lifeguarding and Water Safety instructor recruitment tools and more. **See page 9 for details.**



**American Red Cross Babysitter's Training**  
 This new course has been updated, expanded and redesigned for today's babysitters and includes cool new materials to make the course more engaging than ever. **See page 13 for details.**

**American Red Cross Safety Series**  
 These portable at-a-glance reference guides show families how to prevent injuries and avoid illnesses. They're great gifts for staff and customers. **Learn more on page 13.**



**Become an American Red Cross Authorized Provider Today**

The newly revised Swimming and Water Safety program is just one more reason to become an American Red Cross authorized provider. The Red Cross offers a full line of lifesaving programs that incorporate the latest science in first aid, CPR and emergency cardiovascular care, as well as the latest educational innovations and safety protocols.

- Swimming and Water Safety
- Lifeguarding
- First Aid/CPR/AED
- CPR/AED for the Professional Rescuer
- Babysitter's Training

# Today's Best Swimming and Water Safety Training Is Now Even Better

**NEWLY REVISED!**

Now with a greater emphasis on drowning prevention and water safety, the American Red Cross Swimming and Water Safety program continues to lead the way in educating and encouraging people in your community to think and act safely in, on and around the water.

The Swimming and Water Safety program helps people of all ages enjoy the water safely and act effectively in an emergency situation. Courses are fun, interactive and lead participants to incorporate swimming and water safety into their lives, whether they make swimming a part of a lifetime fitness plan, swim or dive competitively or even train to become Water Safety instructors. Program updates help instructors incorporate participants of varying ages and abilities, including those with special needs, into standard swim classes.

The progressive multi-level instructional approach of swim courses has been revised to maximize participant success and includes the most current biomechanics and stroke descriptions for the front crawl, elementary backstroke, breaststroke, back crawl, sidestroke and butterfly; starts and turns; and new diving progressions. Along with the Learn-to-Swim courses are Parent and Child Aquatics courses, revised to emphasize safety skills for both parents and children, and three new Preschool Aquatics courses to specifically address the developmental needs of preschoolers.

Communication tools and resources support Water Safety instructors, including newsletter templates that provide safety information and help parents, caregivers and participants know what to expect at every level, plus achievement cards and sample block and lesson plans for every level. There are also new editions of the popular Raffy Learns to Swim and Waddles in the Deep booklets—excellent companions to Preschool Aquatics and Learn-to-Swim Levels 1-3—plus a brand new Longfellow's WHALE Tales DVD. A redesigned instructional format has been integrated into the program, making it simple for instructors to effectively teach any swim level while easing preparation time.



## Reinforce Skills and Water Safety Messages with Updated Participant Booklets

These affordable 16-page booklets help children prepare for swim lessons and help parents and caregivers set expectations for lessons and work with their children to practice skills outside of class. Both feature full-color illustrations and achievement cards to track progress.

### Raffy Learns to Swim and Waddles in the Deep

These children's classics feature fun characters in an engaging story for families and children to read together. *Raffy Learns to Swim* is a "must-have" companion to Preschool Aquatics Levels 1-2 and Learn-to-Swim Level 1; *Waddles in the Deep* supports Preschool Aquatics Level 3 and Learn-to-Swim Levels 2-3.



Item	Stock No.	ISBN	Retail Price
<b>Participant Booklets</b>			
Raffy Learns to Swim	651317	978-1-58480-449-9	\$1.99
Waddles in the Deep	651318	978-1-58480-450-5	1.99

Prices and availability are subject to change.

# American Red Cross Swimming and Water Safety Course Levels and Skills

**NEWLY  
REVISED!**

## Parent and Child Aquatics

Builds basic water safety skills for both parents and children, helping infants and young children ages 6 months to about 3 years become comfortable in the water so they are willing and ready to learn to swim. These basic skills include adjusting to the water environment, showing comfort while maintaining a front or back position in the water and demonstrating breath control, including blowing bubbles or voluntarily submerging under water.



**LEVEL 1** *Introduces basic skills to parents and children, including safety topics.*

- Getting wet with toys and kicking
- Enter water by lifting in and walking in
- Out-of-water and in-water exploration
- Exit water by lifting out and walking out
- Blowing bubbles on the surface
- Blowing bubbles with mouth and nose submerged
- Underwater exploration
- Submerging mouth, nose and eyes
- Front and back floats and glides
- Roll from front to back and back to front
- Passing from instructor to parent
- Leg actions on front and back
- The importance of wearing a life jacket
- How to call for help and the importance of knowing first aid and CPR
- Basic water safety rules
- General water safety around the home
- Recreational water illnesses
- Sun safety

**LEVEL 2** *Builds on the skills introduced in Level 1, with participants improving these skills and learning more advanced skills.*

- Enter water in a seated position and by rolling over from a seated position and sliding in
- Enter water by stepping in, jumping in and using a ladder or stairs
- Exploring the pool (in shallow water)
- Using the side of the pool and a ladder to exit
- Opening eyes and retrieving objects below the surface
- Opening eyes and retrieving submerged objects
- Bobbing
- Front and back floats and glides
- Front glide to the wall
- Roll from front to back and back to front
- Passing between adults
- Drafting with breathing
- Alternating or simultaneous leg actions on front and back
- Alternating or simultaneous arm actions on front and back
- Combined arm and leg actions on front with breathing
- Combined arm and leg actions on back
- Wearing a life jacket in the water
- Reaching assists
- Basic water safety rules review
- Safety at the beach and at the waterpark
- Water toys and their limitations

## Preschool Aquatics **NEW!**

Gives young children about ages 4 and 5 a positive, developmentally appropriate aquatic learning experience that emphasizes water safety and survival concepts. Skills are age-appropriate, helping participants achieve success on a regular basis while in a class environment with their peers.



**LEVEL 1** *Helps participants feel comfortable in the water and to enjoy the water safely.*

- Enter and exit water using ladder, steps or side
- Blowing bubbles through mouth and nose
- Submerging mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front glide and recover to a vertical position
- Back float and recover to a vertical position
- Roll from front to back and back to front
- Treading with arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back
- Staying safe around aquatic environments
- Recognizing the lifeguards
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun

**LEVEL 2** *Builds on the skills learned in Level 1 and gives participants success with fundamental skills such as floating and basic locomotion.*

- Enter water by stepping in
- Exit water using ladder, steps or side
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back floats and glides
- Recover from a front and back float or glide to a vertical position
- Roll from front to back and back to front
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back
- Staying safe around aquatic environments
- Recognizing the lifeguards
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun

**LEVEL 3** *Builds on the skills in Level 2 and improves participants' coordination of simultaneous arm and leg actions and alternating arm and leg actions.*

- Enter water by jumping in
- Fully submerging and holding breath
- Bobbing
- Front, jellyfish and tuck floats
- Back float and glide
- Recover from a front and back float or glide to a vertical position
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back
- Staying safe around aquatic environments
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun
- Look before you leap
- Think so you don't sink
- Reach or throw, don't go

The American Red Cross offers a comprehensive, developmentally appropriate swimming and water safety program that teaches you, your child or other family members how to swim skillfully and safely, and think and act safely in, on and around the water. The prerequisite for each level is the successful demonstration of skills from the preceding level, except for Level 1, which has no prerequisites.

## Learn-to-Swim

Based on a logical, six-level progression that helps swimmers of all ages and varying abilities develop their swimming and water safety skills. It is designed to give participants a positive learning experience.



### LEVEL 1: INTRODUCTION TO WATER SKILLS *Helps participants feel comfortable in the water.*

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and back float
- Recover to vertical position from a front glide and back float or glide
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back
- Staying safe around aquatic environments
- Recognizing the lifeguards
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun

### LEVEL 2: FUNDAMENTAL AQUATIC SKILLS *Gives participants success with fundamental skills.*

- Enter water by stepping or jumping from the side
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and back float
- Recover from a front and back float or glide to a vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back
- Staying safe around aquatic environments
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun
- Look before you leap
- Think so you don't sink
- Reach or throw, don't go

### LEVEL 3: STROKE DEVELOPMENT *Builds on the skills in Level 2 through additional guided practice in deeper waters.*

- Enter water by jumping from the side
- Headfirst entry from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Tread water
- Push off in a streamlined position then begin flutter and dolphin kicks on front
- Front crawl and elementary backstroke
- Scissors kick
- Reach or throw, don't go
- Think twice before going near cold water or ice
- Look before you leap

### LEVEL 4: STROKE IMPROVEMENT *Develops confidence in the skills learned and improves other aquatic skills.*

- Headfirst entry from the side in compact and stride positions
- Swim under water
- Feetfirst surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Push off in a streamlined position then begin flutter and dolphin kicks on back
- Reach or throw, don't go
- Recreational water illnesses
- Think so you don't sink
- Look before you leap

### LEVEL 5: STROKE REFINEMENT *Provides further coordination and refinement of strokes.*

- Shallow-angle dive from the side
- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives
- Front flip turn and backstroke flip turn while swimming
- Tread water
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Standard scull on back
- How to call for help and the importance of knowing first aid and CPR
- Recreational water illnesses
- Reach or throw, don't go
- Look before you leap
- Think so you don't sink
- Think twice before going near cold water or ice
- Wave, tide or ride, follow the guide

### LEVEL 6: SWIMMING AND SKILL PROFICIENCY

Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances.

Level 6 is designed with "menu" options that focus on preparing participants for lifetime fitness and safety, as well as more advanced courses, such as the Water Safety Instructor course, or other aquatic activities, including competitive swimming or diving. Options include—

- Personal Water Safety.
- Fitness Swimmer.
- Fundamentals of Diving.

# Train Your Staff to Teach

## Water Safety Instructor Course

The newly revised Water Safety Instructor course features a training time of 30 hours and 30 minutes, including the precourse session, and is open to those at least 16 years old. Through video and hands-on skill building, the course includes all the water safety and drowning prevention tools and information needed to plan and conduct courses in the American Red Cross Swimming and Water Safety program, including Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim, Longfellow's WHALE Tales, Safety Training for Swim Coaches, six water safety presentations and two water safety courses.



## Water Safety Instructor's Manual with CD-ROM

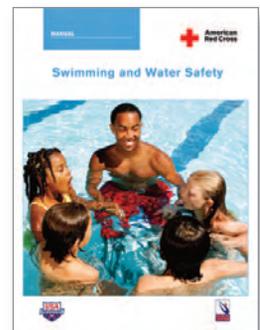
A significantly revised layout and educational design organizes information by levels, easing preparation time and helping instructors address the learning needs of swimmers of all ages and varying abilities. Additional information for teaching those with disabilities or other health conditions is also included, fostering an inclusive learning environment. The

revised CD-ROM offers a full range of helpful communication tools that instructors and swim program coordinators can use to keep participants and parents updated and motivated.



## Swimming and Water Safety

This new edition places even greater emphasis on 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.



## Water Safety Instructor's Candidate Kit

This convenient kit includes all the products required to participate in the Water Safety Instructor course, including the *Water Safety Instructor's Manual with CD-ROM*, the *Swimming and Water Safety* manual, *Raffy Learns to Swim*, *Waddles in the Deep* and the *Water Safety Handbook*.

# Swimming and Water Safety



## Swimming and Diving Skills DVD

Designed to complement the updated Swimming and Water Safety program, this DVD shows skills and techniques that swim instructors and coaches need, and helps ensure standardization in instruction. It is also a great reference for individuals interested in improving their swimming and diving skills. Length: 1 hour, 20 minutes.



## Teaching Swimming and Water Safety DVD

**NOTE: Only available as part of the Swimming and Water Safety Program DVD Set.**

Integral to the Water Safety Instructor course, this DVD helps Water Safety instructor candidates develop their photographic eye to provide corrective feedback to swimmers and confidently teach all program levels. It also features updated demonstrations of support and holding positions and enhanced content to more effectively teach Parent and Child Aquatics. Length: 1 hour, 27 minutes.



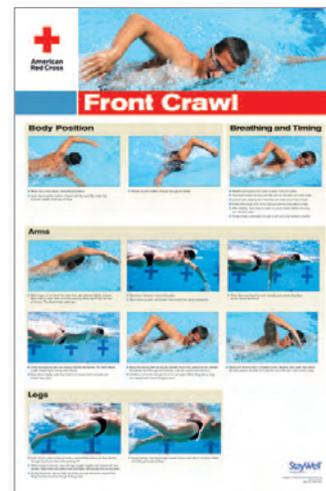
## Swimming and Water Safety Program DVD Set

Maximize convenience by ordering the complete suite of Swimming and Water Safety program DVDs:

- *Swimming and Diving Skills* (1 hour, 20 minutes)
- *Teaching Swimming and Water Safety* (1 hour, 27 minutes)
- *Longfellow's WHALE Tales* (20 minutes)

## Swimming and Water Safety Stroke Posters

Reinforce stroke technique with this set of seven posters. Posters are 24" x 36" and feature full-color photos that depict body position, movement, breathing/timing and turns for six strokes (front crawl, back crawl, sidestroke, elementary backstroke, breaststroke, butterfly), as well as headfirst entries.



Item	Stock No.	ISBN	Retail Price
<b>Swimming and Water Safety</b>			
Water Safety Instructor's Manual with CD-ROM	651313	978-1-58480-445-1	\$22.95
Swimming and Water Safety manual	651314	978-1-58480-446-8	25.95
Water Safety Instructor's Candidate Kit	651312	978-1-58480-444-7	51.95
Swimming and Diving Skills DVD	651316	978-1-58480-448-2	94.95
Swimming and Water Safety Program DVD Set	651321	978-1-58480-453-6	159.95
Swimming and Water Safety Stroke Posters	651324	978-1-58480-456-7	35.00/pk of 7

Prices and availability are subject to change.

To order training materials, contact your local chapter, call (800) 667-2968 or visit [www.ShopStayWell.com](http://www.ShopStayWell.com).

# Enhance Community Outreach Initiatives with Water Safety Courses and Presentations

## Longfellow's WHALE Tales

A great way to teach school-age children about water safety and drowning prevention. Exciting classroom-based activities cover 11 topics, including three new lessons on sun safety, water safety around the home and water safety in different environments, such as waterparks, lakes and rivers.



## Longfellow's WHALE Tales DVD

A new 25-minute DVD starring Longfellow, the animated whale, features new animation, narration and a WHALE Tales theme song. The DVD is designed to support the Longfellow's WHALE Tales K-6 Educational Packet.



## Longfellow's WHALE Tales Participant Stickers

Leaders can provide participant stickers based on key safety messages related to the 11 lessons from the program to encourage discussion between children and their parents. Each pack contains 25 stickers for each of the 11 lessons.



## Longfellow's WHALE Tales K-6 Educational Packet

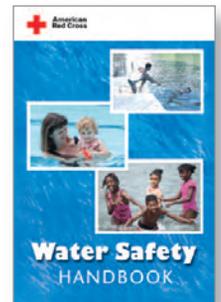
Available Spring 2009

Designed for school-age children, with exciting activities covering a range of water safety topics, including new lessons on sun safety, water safety around the home and water safety in different environments, such as waterparks, lakes and rivers. Lessons are supported by a new DVD, posters, stickers and a CD-ROM of teaching tools, including topic outlines, fact sheets, activity sheets and certificates.

## Water Safety Courses and Presentations

Water safety courses and presentations are designed to teach participants how to be safe in, on and around pools, spas, waterparks, lakes, rivers, oceans or any body of water. Presentations can be conducted in any setting and can be customized to fit the needs of any audience.

- Basic Water Rescue
- Personal Water Safety
- Safety Training for Swim Coaches
- Water safety presentations
  - Water Safety Today
  - General Water Safety
  - Home Pool Safety
  - Parent Orientation to Swim Lessons
  - Sun Safety
  - Rip Current Safety



Leader's outlines are available on Instructor's Corner at [www.InstructorsCorner.org](http://www.InstructorsCorner.org). The current edition of the Water Safety Handbook is available for participants.

Item	Stock No.	ISBN	Retail Price
<b>Longfellow's WHALE Tales</b>			
Longfellow's WHALE Tales K-6 Educational Packet and CD-ROM (Packet includes CD-ROM and eight posters)*	651309	978-1-58480-195-5	\$14.95
<i>Available Spring 2009</i>			
Longfellow's WHALE Tales K-6 Educational Packet	651315	978-1-58480-447-5	17.95
Longfellow's WHALE Tales DVD	651319	978-1-58480-452-9	39.95
Longfellow's WHALE Tales Participant Stickers	651323	978-1-58480-455-0	9.95/pk
<b>Water Safety Presentations</b>			
Water Safety Handbook	651306	978-1-58480-192-4	4.50

\* To be discontinued when 651315 is released.

Prices and availability are subject to change.

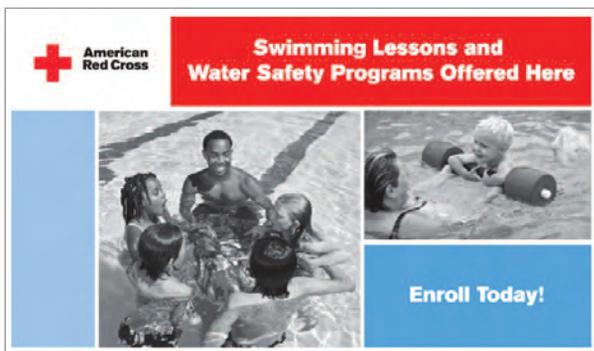
# Promote Swimming and Water Safety and Your Aquatic Facility

## 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 nonswimming techniques, handling spinal injuries and more. New Water Safety instructors are automatically eligible to teach Safety Training for Swim Coaches; perviously certified Water Safety and Lifeguarding instructors may teach the course after orienting to the new program materials.

## Aquatics Banner

Display this eye-catching 5'x 3' indoor/outdoor banner to let patrons know you offer the best in aquatic safety training from the Red Cross.



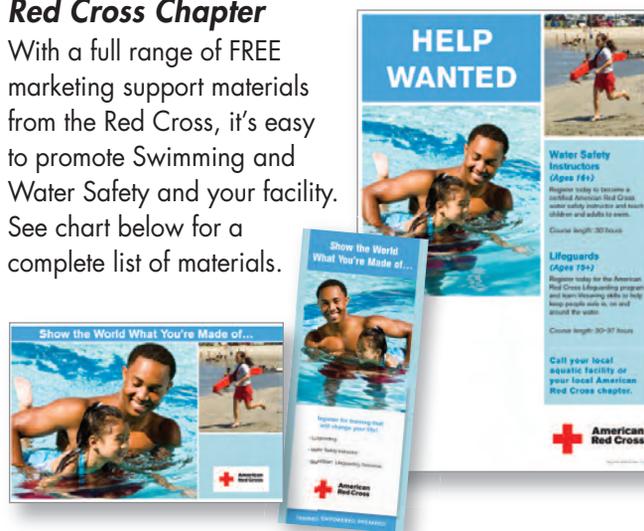
## Marketing CD-ROM for Aquatic Professionals

This popular CD-ROM has been revised with new, customizable marketing tools such as template ads, fliers, t-shirt designs, course descriptions, Lifeguarding and Water Safety instructor recruitment tools and more. The CD-ROM is FREE to American Red Cross authorized providers. Contact your local Red Cross chapter to request yours today.



## FREE Marketing Tools from Your Local Red Cross Chapter

With a full range of FREE marketing support materials from the Red Cross, it's easy to promote Swimming and Water Safety and your facility. See chart below for a complete list of materials.



Item	Stock No.	ISBN	Retail Price
<b>Aquatic Facility Support</b>			
Aquatics Banner	659062	978-1-58480-463-5	\$23.00
Marketing CD-ROM for Aquatic Professionals	659066	FREE from your local American Red Cross chapter	
Lifeguard/Water Safety Instructor Recruitment Brochure (pkg/25)	659058	FREE from your local American Red Cross chapter	
Lifeguard/Water Safety Instructor Recruitment Poster (pkg/25)	659059	FREE from your local American Red Cross chapter	
Lifeguard/Water Safety Instructor Recruitment Postcard (pkg/25)	659060	FREE from your local American Red Cross chapter	
Swimming and Water Safety Participant Brochure (pkg/25)	659064	FREE from your local American Red Cross chapter	
Swimming and Water Safety Poster (pkg/25)	659065	FREE from your local American Red Cross chapter	

Prices and availability are subject to change.

To order training materials, contact your local chapter, call (800) 667-2968 or visit [www.ShopStayWell.com](http://www.ShopStayWell.com).

# The American Red Cross Comprehensive, Flexible

*The American Red Cross Lifeguarding program helps aquatic professionals like you build a comprehensive program that meets the unique needs of your facility. All courses feature the latest science in first aid, CPR/AED and emergency cardiovascular care, as well as the latest lifeguarding rescue skills and safety protocols.*

## Choose the Right Course for Your Facility

- **Lifeguarding**—For facilities with traditional pools
- **Waterfront Lifeguarding**—For facilities with nonsurf, open-water environments, such as lakes and rivers, as well as traditional pools
- **Waterpark Lifeguarding**—For waterpark environments, multi-attraction facilities and traditional pools
- **Shallow Water Attendant**—For facilities with shallow water (up to 4 ft. deep) attractions such as catch basins at the foot of slides, winding rivers and kiddie pools



### **Lifeguarding**

This participant's manual includes the content needed to complete any of the four stand-alone Lifeguarding courses, plus optional training in Bloodborne Pathogens, Administering Emergency Oxygen and more. This cost-effective text is also a great reference tool for working lifeguards once training is complete.

# Ess Lifeguarding Program: Simple and Easy to Implement



## Lifeguarding Instruction Made Easier

Our consolidated Lifeguarding Instructor course makes it easier to become and remain an instructor. The course prepares Lifeguarding instructors to teach the entire portfolio of lifeguarding courses, including CPR/AED for the Professional Rescuer. This allows your Lifeguarding instructors to offer training to additional staff members at your facility.

### Lifeguarding Instructor's Manual with CD-ROM

To increase Lifeguarding instructor capacity, this manual includes all the content needed to teach:

- Lifeguarding
- Waterfront Lifeguarding
- Waterpark Lifeguarding
- Shallow Water Attendant
- CPR/AED for the Professional Rescuer
- Lifeguard Management
- Bloodborne Pathogens Training
- Administering Emergency Oxygen
- And more

Plus, the manual comes with a CD-ROM loaded with customizable course outlines, presentation tools, skill sheets, review questions and answers, as well as information on review and challenge courses.



### Lifeguarding DVD Set

This affordable and convenient DVD set features three DVDs that include the content needed to teach:

- Lifeguarding (including Waterfront, Waterpark and Shallow Water Attendant)
- Lifeguard Management
- GuardStart: Lifeguarding Tomorrow
- Bloodborne Pathogens Training
- Administering Emergency Oxygen
- CPR/AED for the Professional Rescuer

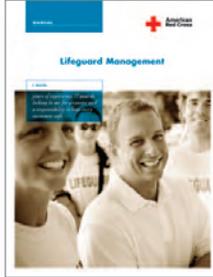
As a bonus, the DVD set also includes a section on Teaching Lifeguarding, which is designed to help instructors improve their teaching skills and the consistency of the content they teach.



**AED training is a required component of all Lifeguarding courses. Your local American Red Cross chapter can help you set up an AED program for your facility.**

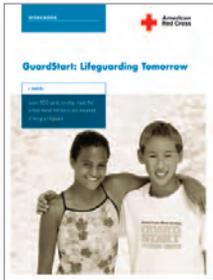
# Build a Complete Lifeguarding Program with Help from the American Red Cross

## Lifeguard Management



Designed to teach aquatic managers and lifeguard supervisors how to effectively manage lifeguards and keep patrons, lifeguards and aquatic facilities safe. Includes management topics and additional records and reports, as well as nearly 100 in-service training outlines on topics such as sexual harassment, assertiveness, communication, fitness and emergency scenarios. Participants receive a manual with a CD-ROM full of customizable tools.

## GuardStart: Lifeguarding Tomorrow



Help alleviate lifeguard shortages and give 11 to 14 year olds a jump start into a lifeguarding job by offering this cost-effective, easy-to-implement program that complements the Red Cross Lifeguarding program. The curriculum contains multiple

units in five categories (prevention, fitness, response, leadership, professionalism), with the entire program totaling 50 lessons. No special instructor training is required, and you can customize the length, number and order of the lessons to best meet your needs.



## Aquatic Examiner Service

Enhance your Lifeguarding program with the Aquatic Examiner Service. Choose any or all of these options:

- **Initial Conference:** Your local Red Cross representative will visit your facility, collect data and review your current operational and emergency procedures.
- **Staff Training:** Your authorized Red Cross Lifeguarding instructors or local Red Cross staff can provide preseason testing, annual Red Cross training and in-service training.
- **On-Site Evaluation:** Local Red Cross representatives will make periodic, unannounced site visits to observe your lifeguards, facility operations and lifeguarding equipment and evaluate lifeguard skills.

Contact your local Red Cross chapter about the Aquatic Examiner Service.

Item	Stock No.	ISBN	Retail Price
<b>Lifeguarding</b>			
Lifeguarding Manual	655731	978-1-58480-320-1	\$ 34.99
Lifeguarding Instructor's Manual with CD-ROM	655730	978-1-58480-319-5	32.99
Lifeguarding DVD Set	655732	978-1-58480-321-8	290.00
Lifeguard Management Manual with CD-ROM	654148	978-1-58480-305-8	26.99
GuardStart: Lifeguarding Tomorrow Workbook	655714	978-1-58480-317-1	8.99
GuardStart: Lifeguarding Tomorrow Leader's CD-ROM	655715	978-1-58480-318-8	22.00

Prices and availability are subject to change.

# Help Build Safer Communities with Family-Friendly Programs

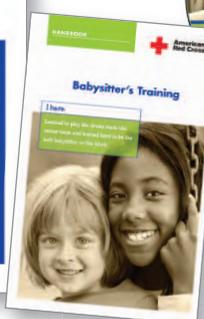
## Babysitter's Training

This course gives 11 to 15 year olds the skills to be great babysitters, plus real-world experiences to help them develop leadership and communication abilities. The course includes hands-on activities, video, role-plays and lively discussions.

It teaches young people to—

- Care for children and infants.
- Handle emergencies such as illnesses, injuries and household accidents.
- Write a resume and interview for a job.

Babysitter's Training can be taught in one day or in several shorter blocks. Plus, instructors can add on additional lessons, including certification for First Aid and CPR.



**NEW!**

## American Red Cross Safety Series

Safety Series books show readers how to prevent injuries, avoid illnesses and stay safe. Each guide is color-coded for quick reference, with full-color photos and a DVD that demonstrates skills.



**NEW!**

### **First Aid and Safety for Babies and Children**

An essential safety resource for parents with children under age 12.

### **A Family Guide to First Aid and Emergency Preparedness**

Build a family emergency plan, emergency supplies lists, evacuation plans and more.

### **Family Caregiving**

Practical advice for those who provide care to an injured or ill loved one at home.

### **Dog First Aid and Cat First Aid**

Information and advice pet owners can trust, from basic pet owner responsibilities to managing emergency situations.

Item	Stock No.	ISBN	Retail Price
<b>Babysitter's Training</b>			
<b>Babysitter's Training Participant's Set</b> (Includes handbook, CD-ROM and emergency reference guide)	655633	978-1-58480-426-0	\$14.95
<b>Babysitter's Training Instructor's Manual with CD-ROM</b>	655632	978-1-58480-316-4	23.99
<b>Babysitter's Training DVD</b>	655630	978-1-58480-314-0	124.99
<b>Basic Instructor Kit</b> (Includes participant's set and instructor's manual with CD-ROM)	655638	978-1-58480-440-6	44.99
<b>American Red Cross Safety Series</b>			
<b>First Aid and Safety for Babies and Children</b>	656750	978-1-58480-413-0	16.95
<b>Family First Aid and Emergency Preparedness</b>	656802	978-1-58480-403-1	16.95
<b>Family Caregiving</b>	653975	978-1-58480-391-1	24.95
<b>Dog First Aid</b>	657780	978-1-58480-401-7	16.95
<b>Cat First Aid</b>	657781	978-1-58480-402-4	16.95

Prices and availability are subject to change.

To order training materials, contact your local chapter, call (800) 667-2968 or visit [www.ShopStayWell.com](http://www.ShopStayWell.com).

# American Red Cross First Aid/CPR/AED Program

## Course Content

Combine the following course content to create the optimal training program for your organization. Training fits conveniently into a standard workday and combines lecture, interactive video demonstrations and hands-on training to teach participants lifesaving skills.

### First Aid

Participants learn first aid skills to treat a variety of injuries such as burns; wounds; head, neck and back injuries; and heat- and cold-related emergencies. Participants also learn to manage sudden illnesses, stroke, seizures, bites and poisoning.

### CPR—Adult

Participants learn how to perform CPR and manage breathing and cardiac emergencies in adults.

### CPR—Child and Infant

Participants learn how to prevent, recognize and provide basic care for breathing and cardiac emergencies in children under the age of 12 and infants.

### AED—Adult and Child

AED training is available as an optional add-on to both adult CPR and child CPR training. Participants learn how to use an automated external defibrillator (AED) on adult and child (ages 1-8) victims of cardiac arrest.

## Course Options

### Standard First Aid with CPR/AED—Adult (6½ hours)

Our most comprehensive training course for employees, this session provides training in first aid, adult CPR and AED skills.

### Standard First Aid with CPR—Adult (5½ hours)

Provides first aid and adult CPR training and explains the role of AEDs in emergency cardiac care.

### First Aid (3¾ hours)

Participants learn first aid skills for treating a variety of injuries and sudden illnesses.

### CPR/AED—Adult (4½ hours)

Participants learn adult CPR and AED skills to respond to breathing and cardiac emergencies.

### CPR—Adult (3½ hours)

For employees who need adult CPR training only; the role of AEDs in emergency cardiac care is also reviewed.

### CPR—Child and Infant (4¼ hours)

Ideal for teachers and daycare workers, this course prepares participants to respond to breathing and cardiac emergencies in children up to 12 years old and infants. Child AED training may also be added.

## It's a FACT:

Sudden cardiac arrest claims the lives of more than 300,000 people every year. Performing CPR and using an AED can help save the life of an employee, customer or anyone else who may suffer a cardiac arrest at your facility. Your local Red Cross chapter can help you set up a workplace AED program today.

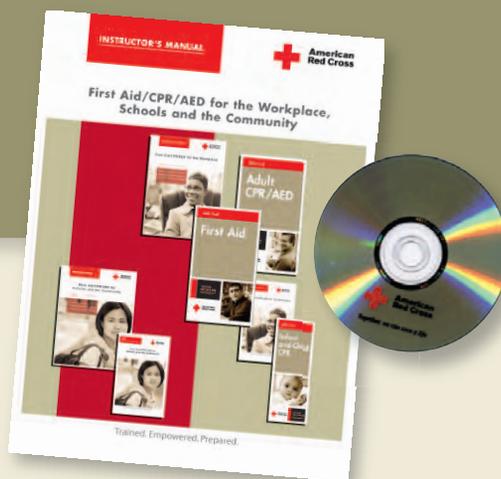


# Tailor Training to Your Audience

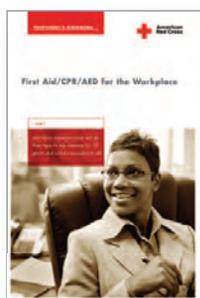
The American Red Cross First Aid/CPR/AED program can be delivered in either a school/community or workplace environment. A consolidated instructor's manual makes it easy to target training by switching DVDs and participant materials.

## **First Aid/CPR/AED for the Workplace, Schools and the Community Instructor's Manual with CD-ROM**

*Also available in Spanish*



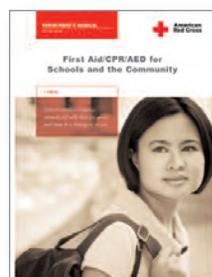
Includes CD-ROM of training tools, additional training scenarios and disaster preparedness content. Also includes content to teach *Bloodborne Pathogens: Preventing Disease Transmission*.



## **First Aid/CPR/AED for the Workplace Participant's Workbook**

Includes first aid, CPR and AED information, skills and activities.

*Also available in Spanish*



## **First Aid/CPR/AED for Schools and the Community Participant's Manual**

Provides a full range of first aid, CPR and AED information, skills and activities.

*Also available in Spanish*



## **Skills Cards**

Laminated skill cards for Adult CPR/AED, First Aid and Infant and Child CPR are easy to follow and promote visual learning. An excellent quick reference tool during an actual emergency.

*Also available in Spanish*

## **Workplace DVD**

Features emergency scenarios likely to occur in a workplace environment. "Practice-while-you-watch" instructional method allows students to perform skills along with the video as the instructor provides individual guidance. Includes video segments necessary to teach *Bloodborne Pathogens: Preventing Disease Transmission*.

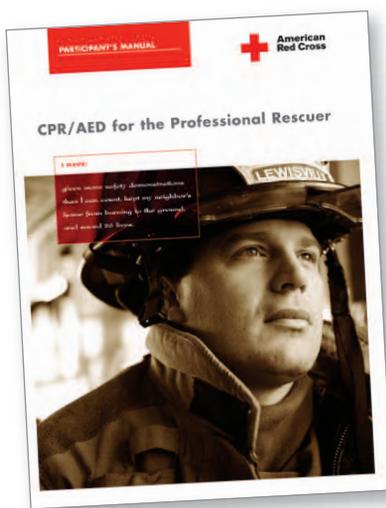


## **Schools and Community DVD**

Shows emergency scenarios likely to occur in a school/community environment. "Practice-while-you-watch" instructional method allows students to perform skills along with the video as the instructor provides individual guidance. Includes video segments necessary to teach *Bloodborne Pathogens: Preventing Disease Transmission*.



*A Spanish-language DVD is packaged FREE with the Spanish-language First Aid/CPR/AED Instructor's Manual.*



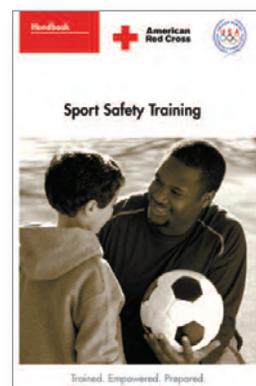
### **CPR/AED for the Professional Rescuer**

Designed for any individual who has a duty to respond to emergencies, this 8-hour course combines lectures and video with hands-on skill training; incorporates real-life rescue scenarios and lessons that reinforce decision-making skills.

Content includes responding to breathing and cardiac emergencies in adults, children and infants; using an AED on adults and children; training resources for Administering Emergency Oxygen and Bloodborne Pathogens Training; and bonus video segments on the use of epinephrine auto-injectors and asthma inhalers.

### **Sport Safety Training**

The Sport Safety Training program is designed to help coaches, athletic trainers and other participants identify and eliminate potentially hazardous conditions in various sports environments, recognize emergencies and make appropriate decisions for first aid care. Flexible course options—including a stand-alone Sports Injury Prevention and First Aid course with additional training available in adult and child CPR and AED—allow you to design the course that’s right for you.



### **Standard First Aid with CPR/AED Adult Participant’s Kit**

Get all the necessary First Aid/CPR/AED for the Workplace participant products in one kit—convenient for instructors and participants alike. The kit includes—

- First Aid/CPR/AED for the Workplace Participant’s Workbook.
- Adult CPR/AED and First Aid Skills Cards.
- CPR Recertification Reminder Postcard.
- An “I Learned How to Save a Life Today” sticker.
- Basic First Aid and CPR Combination Training Pack (described below).

The kit offers a “one-stop-shop” ordering and restocking process and simplifies distribution of course materials to participants.

**NEW!**



**NEW!**

### **Basic First Aid and CPR Combination Training Pack**

For use in Red Cross first aid and CPR courses, this pack offers everything students need, including two triangular bandages, two gauze pads, a pair of non-latex gloves, a roller bandage and a face shield.



Item	Stock No.	ISBN	Retail Price
<b>First Aid/CPR/AED for the Workplace Program</b>			
Participant's Workbook (pkg/10)	656694	978-1-58480-341-6	\$ 25.00
Adult CPR/AED Skills Card	656691	978-1-58480-338-6	7.25
First Aid Skills Card	656692	978-1-58480-339-3	6.99
First Aid/CPR/AED Instructor's Manual	656693	978-1-58480-340-9	23.99
First Aid/CPR/AED for the Workplace DVD (Includes Bloodborne Pathogens Training video)	656690	978-1-58480-337-9	174.99
Infant and Child CPR Skills Card	656695	978-1-58480-342-3	7.25
Basic First Aid and CPR Combination Training Pack (pkg/100)	658309		159.00
Standard First Aid with CPR/AED Adult Participant's Kit	656710	978-1-58480-429-1	19.75
<b>Spanish-Language First Aid/CPR/AED Program</b>			
Spanish-Language First Aid/CPR/AED for the Workplace, Schools and the Community Instructor's Manual with CD-ROM (Packaged with free Spanish-language First Aid/CPR/AED for the Workplace, Schools and the Community DVD)	656644	978-1-58480-334-8	23.99
Spanish-Language First Aid/CPR/AED Program Participant's Booklet (pkg/10)	656643	978-1-58480-333-1	13.50
Spanish-Language Adult CPR/AED Skills Card	656641	978-1-58480-331-7	7.25
Spanish-Language First Aid Skills Card	656642	978-1-58480-332-4	6.99
Spanish-Language Infant and Child CPR Skills Card	656645	978-1-58480-335-5	7.25
<b>First Aid/CPR/AED for Schools and the Community</b>			
Participant's Manual	652145	978-1-58480-300-3	15.99
Instructor's Manual with CD-ROM	656693	978-1-58480-340-9	23.99
First Aid/CPR/AED for Schools and the Community DVD	652146	978-1-58480-301-0	164.99
<b>Spanish-Language First Aid/CPR/AED for Schools and the Community</b>			
Participant's Manual	652147	978-1-58480-430-7	14.99
First Aid/CPR/AED for the Workplace, Schools and the Community Instructor's Manual with CD-ROM (Includes FREE Spanish-First Aid/CPR/AED for the Workplace, Schools and the Community DVD)	656644	978-1-58480-334-8	23.99
<b>CPR/AED for the Professional Rescuer</b>			
Participant's Manual	652162	978-1-58480-304-5	12.99
Instructor's Manual	652161	978-1-58480-303-7	23.99
DVD	652160	978-1-58480-302-9	99.99
<b>Sport Safety Training</b>			
Sport Safety Training Handbook	655535	978-1-58480-309-6	12.99
Sport Safety Training Instructor's Manual	655544	978-1-58480-224-2	15.95
Video	655545	978-1-58480-225-9	140.00
DVD	655546	978-1-58480-226-6	110.00

Prices and availability are subject to change.

# American Red Cross Instructors: Enjoying Unparalleled Support

We value the knowledge and compassion of our instructors, and we're committed to providing the highest levels of support to them.

## Comprehensive Instructor Tools Available Online at Instructor's Corner

Created to give instructors access to resources 24/7, Instructor's Corner offers tools and materials designed to enhance health and safety training and streamline administrative duties for instructors. Visit [www.RedCross.org/instructorscorner](http://www.RedCross.org/instructorscorner) and find—

- Online instructor updates to new programs.
- Instructor tools and teaching aids.
- Online ordering of training supplies.
- Course record forms.
- Marketing and promotional materials.
- Red Cross news, information and more.



## Order Your Red Cross Training Materials Online at [www.ShopStayWell.com](http://www.ShopStayWell.com)

Order your Red Cross training materials—including instructor manuals, participant materials and DVDs—right from your desktop. Visit [www.ShopStayWell.com](http://www.ShopStayWell.com) and order at your convenience, and we'll ship them directly to your location. Or contact your local Red Cross chapter.

## Not a Red Cross Instructor? Find Out How You Can Join Us Today

Become a Red Cross instructor and be part of an elite team that delivers lifesaving health and safety training under the most recognized and trusted symbol in the world. A detailed process expands your teaching skills and technical expertise—and you'll be fully supported by today's best instructor materials. Your local Red Cross chapter can provide additional information on prerequisites and skill requirements for instructor training courses.

## Water Safety Instructors are Eligible to Teach

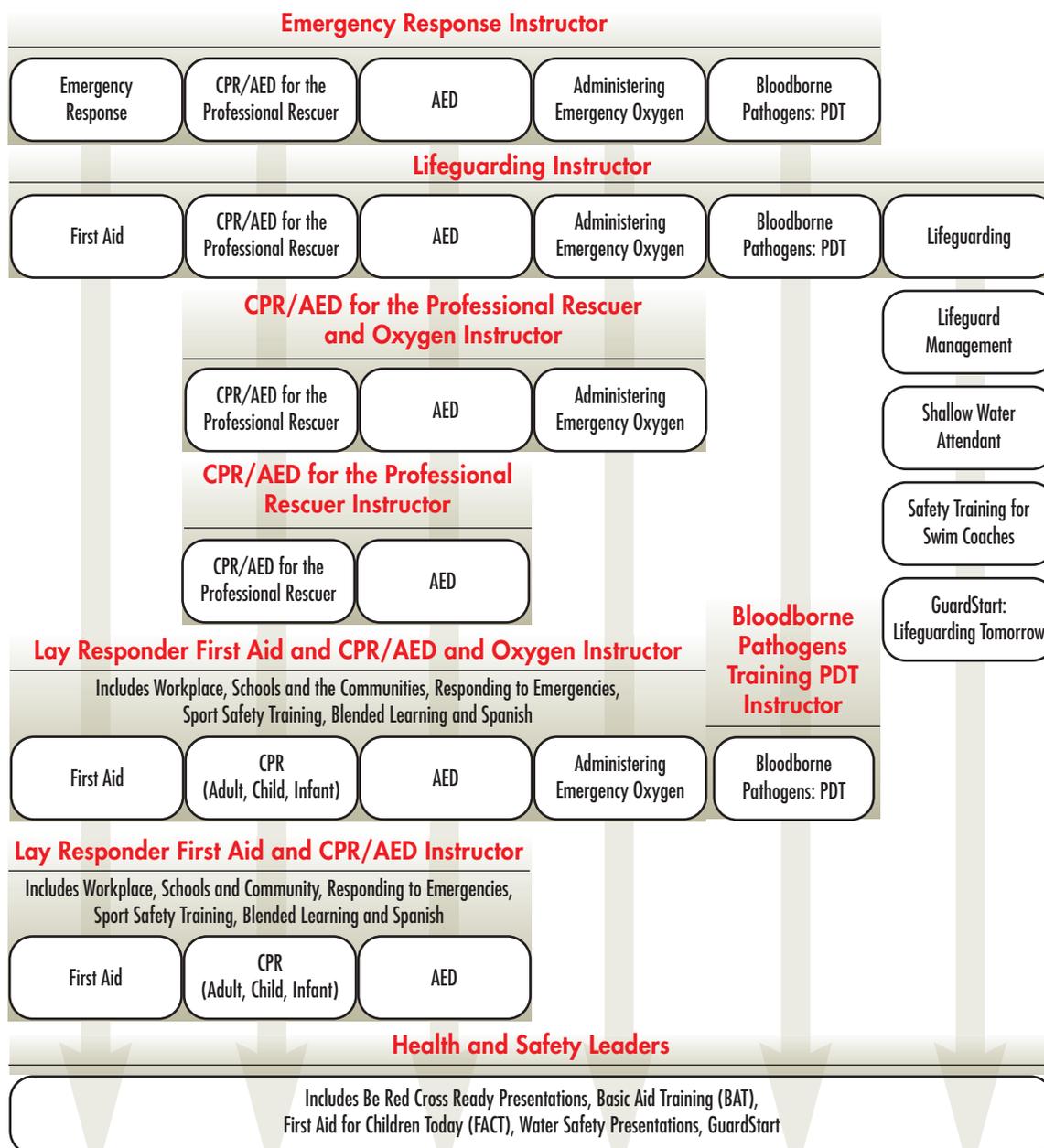
American Red Cross Water Safety instructors are authorized to teach the following Red Cross basic-level courses:

- Parent and Child Aquatics
- Preschool Aquatics
- Learn-to-Swim
- Water Safety courses and presentations:
  - Basic Water Rescue
  - Personal Water Safety
  - Safety Training for Swim Coaches
  - Water safety presentations
    - Water Safety Today
    - General Water Safety
    - Home Pool Safety
    - Parent Orientation to Swim Lessons
    - Sun Safety
    - Rip Current Safety
  - Longfellow's WHALE Tales

# American Red Cross Instructor Authorizations Hierarchy

Based on the amount or depth of skills and information provided in Red Cross courses, there currently is a hierarchy that determines which instructor authorizations are required to teach specific courses. For example, Emergency Response is the highest level of First Aid, CPR and AED training that the Red Cross offers. As a result, after an Emergency Response

instructor orients to the appropriate program materials, he or she would be able to teach any First Aid, CPR or AED course that the Red Cross offers. Lifeguarding is also included in the hierarchy, as shown in the vertical arrow on the far right. In addition to being able to teach lifeguarding courses, Lifeguarding instructors may also teach Lay Responder First Aid and CPR/AED courses.



## Babysitter's Instructor Training and Nurse Assistant Training

require specific instructor training classes outside of the above requirements. Contact your local Red Cross chapter for details.

**Lifeguarding Instructors** are qualified to teach First Aid/CPR/AED for Schools and the Community, First Aid/CPR/AED for the Workplace, CPR/AED for the Professional Rescuer and Sport Safety Training. Simply purchase the instructor and participant materials for the courses you want to teach and self-orient to the instructor's manual. Lifeguarding instructors may also be authorized to teach Waterfront and/or Waterpark Lifeguarding. 19



## Swimming and Water Safety Program

Course/Certification	Target Audience	Content Summary	Course Hours
<b>Parent and Child Aquatics</b> <i>page 4</i>	Children 6 months to about 3 years and a parent/caregiver.	Basic skills include adjusting to the water environment, showing comfort while maintaining a front or back position in the water and demonstrating breath control, including blowing bubbles or voluntarily fully submerging under water.	varies
<b>Preschool Aquatics</b> <i>page 4</i>	Children about 4-5 years.	Includes three levels that teach basic aquatic safety and survival skills to the development of basic swimming skills, helping children gain greater independence and increase their comfort level in and around the water.	varies
<b>Learn-to-Swim</b> <i>page 5</i>	Children from about 6 years and adults.	Offers a six-level progression that helps swimmers of all ages and varying abilities develop water safety, survival and swimming skills.	varies
<b>Water Safety Instructor Course</b> Water Safety Instructor Authorization (2 years) <i>page 6</i>	Age 16 years and older.	Provides training and information needed to plan/conduct courses in the American Red Cross Swimming and Water Safety program, with teaching strategies for water safety and drowning prevention, including explain-demonstrate-practice, task setting, station teaching and guided discovery.	30.5
<b>Safety Training for Swim Coaches</b> <i>page 9</i>	Professional and volunteer swim coaches.	Provides practical information coaches may need to handle an emergency, such as preparing an emergency action plan, recognizing a swimmer in distress, rescuing swimmers, nonswimming rescues and spinal injuries.	8
<b>Longfellow's WHALE Tales</b> <i>page 8</i>	Grades K-6.	Safety lessons emphasize following pool rules, what to do when things go wrong and helping a swimmer in trouble. No instructor training required.	varies
<b>Water Safety Courses and Presentations</b> <i>page 8</i>	Swimmers and nonswimmers, parents, youth organizations and camp leaders.	Two courses and six presentations options provide safety tips for a range of aquatic environments.	From .5 to 2

## Lifeguarding Program

Course/Certification	Target Audience	Content Summary	Course Hours
<b>Lifeguarding*</b> <i>page 10</i>	Age 15 years and older.	Ideal for facilities with traditional pools. Professionalism, surveillance, victim recognition, equipment-based rescues and caring for head, neck and back injuries.	31.25
<b>Waterfront Lifeguarding*</b> <i>page 10</i>	Age 15 years and older.	Ideal for facilities with non-surf, open-water environments such as lakes and rivers, and traditional pools. Patron and facility surveillance issues, rescue board techniques, emergency preparedness.	37
<b>Waterpark Lifeguarding*</b> <i>page 10</i>	Age 15 years and older.	Ideal for facilities with nonsurf, open-water environments, such as lakes and rivers, and traditional pools. Patron and facility surveillance issues, rescue board techniques and emergency preparedness.	33.25
<b>Shallow Water Attendant*</b> <i>page 10</i>	Age 15 years and older.	Ideal for facilities with shallow water attractions up to 4-feet deep such as catch basins at the foot of slides, winding rivers and kiddie pools. Teaches surveillance, victim recognition, equipment-based rescues and caring for head, neck and back injuries.	30.5
<b>Lifeguard Management</b> <i>page 12</i>	Head lifeguards, lifeguard supervisors, managers or aquatic facility directors.	Responsibilities of a lifeguard supervisor, the selection and training of lifeguards and team building principles of injury prevention, risk management and emergency response planning.	7.2
<b>GuardStart: Lifeguarding Tomorrow</b> <i>page 12</i>	Age 11 to 14 years.	Lessons to develop knowledge, attitudes and skills needed to succeed in lifeguard training and enhance effectiveness on the job as a lifeguard. Hours vary according to need.	varies
<b>Aquatic Examiner Service</b> <i>page 12</i>	Aquatic facility directors/management.	Evaluates a facility's safety procedures and lifeguard operations. Choose from on-site evaluations and lifeguard training support.	N/A

\* CPR/AED for Lifeguards (1 year), Lifeguarding Certificate (3 years), Waterfront Lifeguarding Certificate (3 years), Waterpark Lifeguarding Certificate (3 years), Shallow Water Attendant Certificate (3 years) Note: All Lifeguarding courses include first aid certification (3 years)

# First Aid, CPR, AED Training

Course/Certification	Target Audience	Content Summary	Course Hours
<b>Standard First Aid with CPR/AED—Adult</b> First Aid Certificate (3 years) Adult CPR/AED Certificate (1 year) <i>page 14</i>	Individuals who want or need first aid, adult CPR and AED training; employers seeking OSHA compliance in a 1-day training session.	Recognizing and caring for injuries or sudden illnesses until advanced medical help can take over. Handling emergency situations, breathing and cardiac emergencies, adult CPR, basic precautions for preventing disease transmission, identifying and caring for life-threatening bleeding, sudden illness and injuries. How to use an AED for victims of sudden cardiac arrest. Meets OSHA Guidelines for First Aid.	6.5
<b>Standard First Aid with CPR—Adult</b> First Aid Certificate (3 years) Adult CPR Certificate (1 year) <i>page 14</i>	Individuals who want or need first aid and adult CPR training; employers seeking OSHA compliance in a 1-day training session.	Recognizing and caring for injuries or sudden illnesses until advanced medical help can take over. Handling emergency situations, breathing and cardiac emergencies, adult CPR, basic precautions for preventing disease transmission, the role of AEDs, identifying and caring for life-threatening bleeding, sudden illness and injuries. Meets OSHA Guidelines for First Aid.	5.5
<b>First Aid</b> First Aid Certificate (3 years) <i>page 14</i>	Business and industry employees or individuals who want or need basic first aid skills without training in CPR.	Basic care for injuries or sudden illnesses until advanced medical care can take over. Handling emergency situations; basic disease transmission precautions; recognizing and caring for bleeding, wounds, sudden illness; and immobilizing muscle, bone and joint injuries. Does not include information on breathing or cardiac emergencies. Meets OSHA Guidelines for First Aid.	3.75
<b>CPR/AED—Adult</b> Adult CPR/AED Certificate (1 year) <i>page 14</i>	Business and industry employees or individuals who want or need CPR and AED training.	Recognizing and handling emergency situations, caring for breathing and cardiac emergencies, performing CPR on adults and using an AED on victims of sudden cardiac arrest until advanced medical help is available. Basic precautions for preventing disease transmission.	4.5
<b>CPR—Child and Infant</b> Child and Infant CPR Certificate (1 year) <i>page 14</i>	Employees, members of the community, civic organizations, teachers, childcare and daycare workers, parents and grandparents.	Preventing, recognizing and providing basic care for breathing and cardiac emergencies in children under the age of 12 and infants until advanced medical help can take over. Basic precautions for preventing disease transmission. Includes optional child AED training.	4.25
<b>CPR—Adult</b> Adult CPR Certificate (1 year) <i>page 14</i>	Individuals who want or need CPR training.	Recognizing and caring for breathing and cardiac emergencies in adults, handling emergency situations until advanced medical help can take over. Adult CPR and basic precautions for preventing disease transmission.	3.5
<b>CPR—Child</b> Child CPR Certificate (1 year) <i>page 14</i>	Employees, members of the community, civic organizations, teachers, childcare and daycare workers, parents and grandparents.	Preventing, recognizing and providing basic care for breathing and cardiac emergencies in children between the ages of 1 and 12 until medical help can take over. Basic precautions for preventing disease transmission. Includes optional child AED training.	3.75
<b>CPR—Infant</b> Infant CPR Certificate (1 year) <i>page 14</i>	Employees, members of the community, civic organizations, teachers, childcare and daycare workers, parents and grandparents.	Preventing, recognizing and providing basic care for breathing and cardiac emergencies in infants under the age of 1 until advanced medical help can take over. Basic precautions for preventing disease transmission.	3.75

## Learn How to Save a Life.... and Earn CEUs in the Process



Many people who take Red Cross courses are professionals who need continuing education units (CEUs) to maintain a license and/or certification. In order to provide this added service to our customers, the American Red Cross has been approved as an Authorized Provider by the International Association for Continuing Education and Training (IACET). CEUs are offered as an add-on to training courses completed through the American Red Cross.

Visit [www.iacet.org](http://www.iacet.org) to review a list of companies, regulatory boards and organizations that have reported to accept the IACET CEU. Individuals are strongly

encouraged to check with their specific regulatory boards, employers or other agencies to confirm that courses taken from IACET Authorized Providers and courses taken for IACET CEUs will be accepted by that entity.

### How to Obtain CEUs after Successful Completion of a Red Cross Course

1. Visit [www.RedCross.org/store](http://www.RedCross.org/store)
2. Provide the course name, date and location (including address, city and ZIP code), American Red Cross chapter name and the instructor's name
3. Select the CEU for the course and pay the fee
4. Upon verification of course completion, the CEU certificate will be e-mailed to you within four weeks; hard copy on request



# Course Descriptions

## Instructor Courses

Course/Certification	Target Audience	Content Summary	Course Hours
<p><b>Fundamentals of Instructor Training</b> An instructor candidate must complete an instructor specialty course within 1 year of completing Fundamentals of Instructor Training. Certificate remains valid as long as the individual holds a current American Red Cross instructor authorization. <i>page 19</i></p>	Individuals who want to become American Red Cross instructors.	Introduces instructor candidates to the history, structure and activities of the American Red Cross. Prepares instructor candidates to teach American Red Cross specialty courses to diverse populations.	5
<p><b>Water Safety Instructor Course</b> Water Safety Instructor Authorization (2 years) <i>page 6</i></p>	Age 16 years and older.	Provides instructor candidates with the training they need to plan and conduct courses within the American Red Cross Swimming and Water Safety program. Covers teaching progressions, course and lesson planning, recognizing common skill errors, providing corrective feedback, motor learning and hydrodynamic principles.	appx. 30
<p><b>Lifeguarding Instructor Course</b> Lifeguarding Instructor Authorization (2 years) <i>page 11</i></p>	Individuals 17 years and older who possess a current Fundamentals of Instructor Training authorization, pass each section of the precourse written exam with a score of at least 80 percent and demonstrate competence in the skills evaluation.	Trains instructor candidates to teach Lifeguarding (including First Aid), CPR/AED for the Professional Rescuer, Lifeguard Management, Administering Emergency Oxygen, Bloodborne Pathogens Training and Basic Water Rescue.	27
<p><b>Lay Responder First Aid/CPR/AED Instructor Course</b> First Aid/CPR/AED Instructor Authorization (2 years) <i>page 19</i></p>	Individuals 16 years and older who possess a current Fundamentals of Instructor Training authorization, pass each section of the precourse written exam with a score of at least 80 percent and demonstrate competence in the skills evaluation.	Teaches instructor candidates to plan, organize and conduct Lay Responder First Aid/CPR/AED courses, including First Aid/CPR/AED for the Workplace, First Aid/CPR/AED for Schools and the Community, First Aid—Responding to Emergencies, Blended Learning First Aid/CPR/AED and Sport Safety Training.	30.5
<p><b>Emergency Response Instructor Course</b> Emergency Response Instructor Authorization (2 years) <i>page 19</i></p>	Individuals 17 years and older who possess a current Fundamentals of Instructor Training authorization, pass each section of the precourse written exam with a score of at least 80 percent and demonstrate competence in the skills evaluation.	Teaches instructor candidates to plan, organize and conduct Emergency Response program course.	19
<p><b>Babysitter's Training Instructor Course</b> Babysitter's Training Instructor Authorization (2 years) <i>page 13</i></p>	Individuals at least 16 years of age who possess a Fundamentals of Instructor Training Certificate issued within the last year or possess a current national Health and Safety Services Instructor Authorization Certificate, and successfully complete the instructor precourse self-study and the precourse session.	Trains instructor candidates to teach the basic-level Babysitter's Training course. This course prepares instructor candidates to use program materials, conduct training sessions and evaluate the progress of course participants.	9.5

## Caregiving

Course/Certification	Target Audience	Content Summary	Course Hours
<b>Babysitter's Training</b> <i>page 13</i>	Young people 11-15 years old who want the knowledge, skills and confidence to care for infants through school-age children.	Basic childcare skills to care for infants through school-age children. First aid, safety issues and injury prevention.	8-11

## Professional Rescuer, Coaches

Course/Certification	Target Audience	Content Summary	Course Hours
<b>CPR/AED for the Professional Rescuer</b> CPR/AED for the Professional Rescuer Certificate (Lifeguards, 1 year; Others, 2 years) <i>page 16</i>	Public safety personnel; lifeguards; emergency response team members; first aid station workers; students at police and fire and rescue academies; health care professionals and athletic trainers.	Recognizing and caring for breathing and cardiac emergencies, two-rescuer CPR, use of resuscitation mask and bag-valve-mask resuscitator. Also, knowledge and skills needed to care for victims of sudden cardiac arrest through use of an AED.	7.5
<b>Sport Safety Training Sports Injury Prevention and First Aid with Adult CPR</b> First Aid Certificate (3 years) CPR Certificate (1 year) <i>page 16</i>	Professional and volunteer coaches, athletic trainers and athletic directors.	Sports-related injury prevention such as soft tissue and skeletal injuries, first aid and emergency steps for breathing and cardiac care. Adult CPR.	6.5
<b>Safety Training for Swim Coaches</b> Safety Training for Swim Coaches (3 years) <i>page 9</i>	Currently authorized American Red Cross Safety Training for Swim Coaches instructors and Lifeguarding instructors or Water Safety instructors who have completed a self-orientation to the Safety Training for Swim Coaches materials.	Provides training in aquatic safety for competitive swim coaches and officials, athletic trainers, athletes participating in aquatic activities, aquatic exercise trainers and other individuals involved in aquatic competition or exercise programs.	8

Many courses are also available in Spanish. Call your local Red Cross chapter for more information.

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