



# 2023 LIFEGUARD INSTRUCTOR COURSE INFO



The purpose of the instructor course is to train instructor candidates to teach the StarGuard Lifeguarding courses and/or modules.

Students are required to perform the course prerequisite skills tests (listed below) upon arriving for the first class. Students must also be able to attend all dates listed per course to fulfill the completion requirements.

You will be expected to teach classes as scheduled. The City of Austin reserves the right to remove you as an instructor due to disciplinary reasons.

## Course prerequisites include:

- ◆ Be at least 18 years of age on or before the final scheduled class session
- ◆ 1 season of experience
- ◆ Have a current Star Guard Lifeguard and First Aid /CPR/AED for the professional rescuer
- ◆ Successfully demonstrate the following skills:
  - ◆ Pass an online session which consists of an orientation to the Star Guard Lifeguarding Instructor Course
    - ◆ Swim 50 yards/meters, head up to sight for a distressed or drowning patron, without stopping.
    - ◆ 100 yards/meters, without stopping
    - ◆ Swim 50 yards/meters, head up to sight for a distressed or drowning patron, with a rescue tube
    - ◆ Tread water for one (1) minute without use of the hands
    - ◆ Tread water for one (1) minute with use of the hands
    - ◆ Dive to the deepest part of the pool and retrieve dive brick
      - ◆ Rescue scenarios to include:
        - Primary assessment
        - First Aid
        - CPR/AED
        - Head/neck/back injury
        - Distressed rescue
        - Unresponsive rescue
        - Submerged rescue
        - Two-person removal using a backboard
- ◆ Download/print required instructor's and participant's manuals

## Registration:

- ◆ Registration cost is \$100. Scholarship application information is available at the Aquatic Office.
- ◆ Registrations are accepted at the Aquatic Office, Monday—Friday from 8:00am—5:00pm (excluding holidays)
- ◆ Due to limited slots, registrations are reserved for students working for the City of Austin Parks and Recreation Department, Aquatic Division
- ◆ A \$5.00 transfer fee or a \$10.00 cancellation fee are applicable for any registration changes

**Course dates on reverse page.**



If you have any additional questions regarding the lifeguard instructor course, please contact the aquatic office at 512-974-9330 or [aquatics.office@austintexas.gov](mailto:aquatics.office@austintexas.gov)



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## Lifeguard Instructor Course Schedule:

Please note that the first day will be the prerequisite skills test and should be complete around 1pm

Course Code	Class Dates	Times	Location
LGI 3	3/11/23– 3/12/23 Regional	Sat, Sun 8a-6p	Bartholomew/ Aquatic Office
LGI 4	6/3/23– 6/4/23	Sat, Sun 8a-6p	Northwest/ Aquatic Office
LGI 5	9/11/23– 9/12/23 Regional	Mon, Tues 8a-6p	Bartholomew/ Aquatic Office
LGI 6	9/16/23– 9/17/23	Sat, Sun 8a-6p	Bartholomew/ Aquatic Office

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