Lifesaving Society National Lifeguard Instructor Candidate Self-Assessment

This self-assessment presents the learning outcomes that instructor candidates must achieve in order to pass the Lifesaving Society National Lifeguard Instructor Course.

Pre-course

Review the learning outcomes and assess yourself on each learning outcome on a scale from 1 to 3:

> 1 – You need more knowledge or practice to achieve this learning outcome.

> 2 – You are reasonably confident about your ability in this learning outcome.

> 3 – You have mastered this learning outcome.

Before the course, send your completed self-assessment to the Trainer. Bring your copy to the course.

On course

You and the Trainer will use this self-assessment to track your growth and development on learning outcomes throughout the course. It might be helpful to think of the learning outcomes as personal learning goals.

End of course

Ideally, by the end of the National Lifeguard Instructor course, you and the Trainer will agree that you have achieved all learning outcomes.

National Lifeguard Instructor Candidate Name: _____

National Lifeguard Instructor Certification Goals: which option(s) do you intend to pursue?

Summary of Lifesaving Society Teaching and Volunteer Activity:

National Lifeguard Instructor Course Learning Outcomes	Pre-course	On-course	End of course
Roles and Responsibilities			
• Understand the roles of the instructor and accept the National Lifeguard Instructor job description. • Understand the importance of ethical behaviour that is aligned with the mission, vision and values of the Lifesaving Society. • Understand their professional responsibility in upholding the values of the Lifesaving Society. • Understand the significance of the National Lifeguard certification as a vocational award. • Understand their professional responsibility in upholding the standard of the National Lifeguard certification.			
Policies and Procedures			
• Know where to find Lifesaving Society policies and procedures. • Understand the National Lifeguard Instructor's responsibility to work within the Society's policies and procedures. • Understand the possible consequences of not following the Society's policies and procedures.			
Diversity and Inclusion			
• Understand how dimensions of diversity can affect inclusion. • Understand the influence of groups on individual behaviour. • Demonstrate how to create a respectful learning environment that accommodates candidates' abilities and characteristics.			
Health and Safety			
• Understand the National Lifeguard Instructor's responsibilities related to relevant safety regulations, legislation, and facility-specific emergency procedures. • Know how to model and cultivate a "safety culture" among lifeguard candidates. • Understand their obligations with respect to National Lifeguard candidate behaviour.			

National Lifeguard Instructor Course Learning Outcomes	Pre-course	On-course	End of course
The Lifesaving Society			
• Know that the Society is a charitable, volunteer organization that operates at local, provincial/territorial, national and international levels. • Know the mission, vision and values of the Lifesaving Society. • Understand the scope of the Society's drowning prevention activities including its training programs and how they support the Society's drowning prevention mission. • Know that the Lifesaving Society establishes aquatic safety standards and sets the standard for lifeguarding in Canada.			
The Leadership System			
• Understand the range of Lifesaving Society leadership training and certifications available to National Lifeguard Instructors.			
Curriculum, Course and Reference Materials			
• Understand the relationship between National Lifeguard curriculum and the lifeguard's job. • Understand the relationship between National Lifeguard curriculum and that of its prerequisite awards. • Understand National Lifeguard candidate evaluation criteria in the *National Lifeguard Award Guide*.			
Candidate Reference Materials			
• Identify the required candidate reference materials for the National Lifeguard program. • Understand how to use *Alert: Lifeguarding in Action* on National Lifeguard courses.			
Decision-making and Problem-solving			
• Demonstrate effective problem-solving skills by seeking out issues, concerns and other perspectives in coming to appropriate decisions aligned with Lifesaving Society mission, vision and values. • Systematically evaluate competing views, priorities and alternatives using identified criteria when making decisions.			

National Lifeguard Instructor Course Learning Outcomes	Pre-course	On-course	End of course
Teamwork, Collaboration, and Communication			
• Demonstrate effective communication skills through active listening, providing objective feedback and reacting to non-verbal signals from candidates. • Know how to assist groups to achieve goals. • Demonstrate the ability to entertain and explore multiple perspectives. • Understand the importance of teamwork skills in National Lifeguards. • Understand the characteristics of successful teams and the causes of team difficulties.			
Planning the Course			
• Understand the relationship between the course content defined in the *National Lifeguard Award Guide* and the instructor's core plan. • Understand the purpose of and know how to create core plans appropriate for various schedules that assist candidates to achieve certification as National Lifeguards. • Understand how and when to modify core plans.			
Planning the Session			
• Understand how to create and modify classroom and water session plans from core plans. • Know how to establish clear and appropriate learning goals for each session and how to design activities in which learners can achieve those goals.			
Learners and Learning			
• Understand the learning characteristics of young adults and the implications for the instructor. • Understand the importance of cognitive skills in National Lifeguard training. • Understand how to develop critical thinking and decision-making skills in National Lifeguard candidates. • Create and apply strategies to engage National Lifeguard candidates in their learning.			

National Lifeguard Instructor Course Learning Outcomes	Pre-course	On-course	End of course
Teaching Candidates			
• Understand the characteristics that make a methodology appropriate for National Lifeguard candidates. • Demonstrate a variety of presentation techniques and skills suitable for classroom and water sessions in a National Lifeguard course. • Build an effective and inclusive learning environment using the principles of learning, group dynamics and problem-solving.			

	Pre-course	On-course	End of course
Instructor Candidate Expectations and Evaluation			
• Understand the standards by which they will be evaluated. • Understand how, when, by whom they will be evaluated.			

	Pre-course	On-course	End of course
Skill Demonstration			
• Demonstrate adaptations to skills to achieve the requirements of the test item in various circumstances.			

	Pre-course	On-course	End of course
Evaluating Candidates			
• Understand and can apply candidate evaluation criteria from the *National Lifeguard Award Guide*. • Understand how and when to provide effective feedback both verbally and in writing. • Know how to provide effective formative feedback to self and others to improve candidate performance. • Know how to provide summative feedback supported by the relevant course reference materials.			