LSI Course Content

1. Opening Session
- Registration and Introduction
- Aims of the Course
- Candidates' Objectives
- Course Schedule and Content
- Expectations
- Evaluation
- Instructor Role and Responsibility

2. We are Royal Life
- Lifesaving Society Canada
- Canadian Lifesaving Program
- Public Education
- LSS Leadership Training
- Aquatic Programming

3. Learning and Teaching
- How People Learn
- Helping People Learn
- Learning and Teaching Values and Attitudes

4. Planning
- Getting Ready to Teach
- Evaluating the Lesson

5. Strokes, Skills, Fitness
- Importance of Principles
- Buoyancy
- Resistance and Propulsion
- Correcting Problems
- Physical Fitness

6. Teaching Water Rescue
- The Need for Lifesaving Education
- Lifesaving versus Lifeguarding
- Components of Lifesaving
- Teaching Victim Simulation and Recognition
- Risk Progression
- Teaching Water Rescue Skills
- Teaching Through Simulation

7. Resuscitation and First Aid
- Knowledge
- Teaching Assessment Skills
- Teaching Resuscitation Skills
- Teaching CPR
- Teaching First Aid Skills
- Technical Review

8. Responsibility and Safety
- Preventing Accidents
- Emergency Procedures
- Legal Responsibility
- Hygiene Considerations

9. Evaluating the Canadian Lifesaving Program
- Purpose of Evaluation
- Instructor Evaluated Awards and Items
- Evaluation Standard vs. Teaching Standard
- Using Award Guides
- Evaluating Methods
- Evaluating Knowledge
- Evaluating Skill Items
- Evaluating Rescues
- Evaluating Swimming
- Evaluating Fitness Challenge
- When to Teach
- Instructor's Responsibilities
- Policy and Procedure
- Examiner Training

10. Advanced Instructor Material
- Teaching Adults
- Methods of Presentation
- Audio-Visual Aids

11. LSI Update Material
- Future Direction of the Lifesaving Program
- Lifesaving as a Sport

12. The Closing Session
- The Instructor's Responsibility
- LSS Support and Services
- Next Steps
- Course and Candidate Objectives
- Course Evaluation