

**Lifesaving Instructor Course (LSI)**

**Instructor:** Joel Sutcliffe  
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**Prerequisites:**

1. 16 years old by last day of course
2. Bronze Cross or NLS

**What to Bring:**

1. Prerequisites
2. Textbook (Binder)
3. Bronze Cross Textbook (CLSM)
4. Clothes to wear in the water

**Evaluation Based on:**

1. Completion of all Assignments
2. Practice Teaching
3. Written Exam

**Course Description:** LSI is a 24 hour course that is designed to enable the candidate with the knowledge and skills necessary to teach Lifesaving Courses. This course qualifies the successful candidate to teach LSS courses from Rookie to Bronze Cross. LSI must be recertified every two years with a 4 hour update course.

**Attendance:** 100% attendance is strongly recommended, and making up missed work is the responsibility of the student. If missing a class is unavoidable, the instructor must be contacted ahead of time, and the candidate is responsible for the work missed. ALL practice teaching must be completed!

**Day 1**

- Opening Session
- We are the Lifesaving Society
- Learning and Teaching
- Review and Testing of Strokes/Skills/Fitness

**Day 2**

- Teaching Strokes/Skills/Fitness
- Review all Lifesaving Levels
- Responsibility and Safety
- Teaching Resuscitation and First Aid
- Practice Teaching #1

**Day 3**

- Teaching Water Rescue
- Planning
- Evaluating the Lifesaving Program
- Practice Teaching #2

**Day 4**

- Written Exam
- Practice Teaching #3
- Advanced Instructor Material
- LSI Update Material
- Closing Session