



## **Lifesaving Society Aquatic Management Instructor Candidate Self-Assessment**

This self-assessment presents the learning outcomes that instructor candidates must achieve in order to pass the Lifesaving Society Aquatic Management 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 Aquatic Management Instructor course, you and the Trainer will agree that you have achieved all learning outcomes.

**Aquatic Management Instructor Candidate Name:** \_\_\_\_\_

**Comments:**

## Learning Outcomes

<b>Roles and Responsibilities</b>	<b>Pre-course</b>	<b>On-course</b>	<b>End of course</b>
<ul style="list-style-type: none"> <li>Understand the roles of the instructor and accept the Aquatic Management Instructor job description.</li> </ul>			
<ul style="list-style-type: none"> <li>Understand the importance of ethical behaviour that is aligned with the mission, vision and values of the Lifesaving Society.</li> </ul>			
<ul style="list-style-type: none"> <li>Understand their professional responsibility in upholding the values of the Lifesaving Society.</li> </ul>			
<ul style="list-style-type: none"> <li>Understand their professional responsibility for the integrity of Aquatic Supervisor and Aquatic Manager certification standards.</li> </ul>			

<b>Policies and Procedures</b>	<b>Pre-course</b>	<b>On-course</b>	<b>End of course</b>
<ul style="list-style-type: none"> <li>Know where to find Lifesaving Society policies and procedures.</li> </ul>			
<ul style="list-style-type: none"> <li>Understand the Aquatic Management Instructor's responsibility to work within the Society's policies and procedures.</li> </ul>			
<ul style="list-style-type: none"> <li>Understand the possible consequences of not following the Society's policies and procedures.</li> </ul>			

<b>Diversity and Inclusion</b>	<b>Pre-course</b>	<b>On-course</b>	<b>End of course</b>
<ul style="list-style-type: none"> <li>Understand how dimensions of diversity can affect inclusion.</li> </ul>			
<ul style="list-style-type: none"> <li>Understand the influence of groups on individual behaviour.</li> </ul>			
<ul style="list-style-type: none"> <li>Demonstrate how to create a respectful learning environment that accommodates candidates' abilities and characteristics.</li> </ul>			

<b>Health and Safety</b>	<b>Pre-course</b>	<b>On-course</b>	<b>End of course</b>
<ul style="list-style-type: none"> <li>Understand the Aquatic Management Instructor's responsibilities related to relevant safety regulations, legislation, and facility-specific emergency procedures.</li> </ul>			
<ul style="list-style-type: none"> <li>Know how to model and cultivate a "safety culture" among candidates.</li> </ul>			

<ul style="list-style-type: none"> <li>Understand their obligations with respect to the candidates' behaviour.</li> </ul>			
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<b>The Lifesaving Society</b>	<b>Pre-course</b>	<b>On-course</b>	<b>End of course</b>
<ul style="list-style-type: none"> <li>Know that the Society is a charitable, volunteer organization that operates at local, provincial/territorial, national and international levels.</li> </ul>			
<ul style="list-style-type: none"> <li>Know the mission, vision and values of the Lifesaving Society.</li> </ul>			
<ul style="list-style-type: none"> <li>Understand the scope of the Society's drowning prevention activities including its training programs and how they support the Society's drowning prevention mission.</li> </ul>			
<ul style="list-style-type: none"> <li>Know that the Lifesaving Society establishes aquatic safety standards and sets the standard for lifeguarding in Canada.</li> </ul>			

<b>The Leadership System</b>	<b>Pre-course</b>	<b>On-course</b>	<b>End of course</b>
<ul style="list-style-type: none"> <li>Understand the range of Lifesaving Society leadership training and certifications available to Aquatic Management Instructors.</li> </ul>			

<b>Curriculum and Reference Materials</b>	<b>Pre-course</b>	<b>On-course</b>	<b>End of course</b>
<ul style="list-style-type: none"> <li>Understand the unit structure of the <i>Aquatic Management Award Guide</i>: specifically, the function and relationships among Learning Outcomes, Performance Requirements and Learning Activities.</li> </ul>			
<ul style="list-style-type: none"> <li>Understand the relationship between Aquatic Supervisor and Aquatic Manager curricula and the related job responsibilities.</li> </ul>			
<ul style="list-style-type: none"> <li>Understand the candidate evaluation criteria in the <i>Aquatic Management Award Guide</i>.</li> </ul>			
<ul style="list-style-type: none"> <li>Understand how the instructor incorporates Aquatic Supervisor and Aquatic Manager references and resources into a course.</li> </ul>			

<b>Aquatic Supervisor and Aquatic Manager Candidate Reference Materials</b>	<b>Pre-course</b>	<b>On-course</b>	<b>End of course</b>
<ul style="list-style-type: none"> <li>Identify the required candidate references for Aquatic Supervisor and Aquatic Manager certifications.</li> </ul>			

<ul style="list-style-type: none"> <li>Understand how to use the candidate workbooks and other mandatory references.</li> </ul>			
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<b>Decision-making and Problem-solving</b>	<b>Pre-course</b>	<b>On-course</b>	<b>End of course</b>
<ul style="list-style-type: none"> <li>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.</li> </ul>			
<ul style="list-style-type: none"> <li>Systematically evaluate competing views, priorities and alternatives using identified criteria when making decisions.</li> </ul>			

<b>Teamwork, Collaboration, and Communication</b>	<b>Pre-course</b>	<b>On-course</b>	<b>End of course</b>
<ul style="list-style-type: none"> <li>Demonstrate effective communication skills through active listening, providing objective feedback and reacting to non-verbal signals from candidates.</li> </ul>			
<ul style="list-style-type: none"> <li>Know how to assist groups to achieve goals.</li> </ul>			
<ul style="list-style-type: none"> <li>Demonstrate the ability to entertain and explore multiple perspectives.</li> </ul>			
<ul style="list-style-type: none"> <li>Understand the importance of teamwork skills in groups.</li> </ul>			
<ul style="list-style-type: none"> <li>Understand the characteristics of successful teams and common causes of team difficulties.</li> </ul>			

<b>Planning the Course and the Session</b>	<b>Pre-course</b>	<b>On-course</b>	<b>End of course</b>
<ul style="list-style-type: none"> <li>Understand the relationship between the course content defined in the <i>Aquatic Management Award Guide</i> and the instructor's core plan.</li> </ul>			
<ul style="list-style-type: none"> <li>Understand the purpose of and know how to create core plans and session plans appropriate for various schedules.</li> </ul>			
<ul style="list-style-type: none"> <li>Understand how and when to modify course and session plans.</li> </ul>			
<ul style="list-style-type: none"> <li>Know how to establish clear and appropriate learning goals and related activities for each session.</li> </ul>			

<b>Learners and Learning</b>	<b>Pre-course</b>	<b>On-course</b>	<b>End of course</b>
<ul style="list-style-type: none"> <li>Understand the learning characteristics of Aquatic Supervisor or Aquatic Manager candidates and the implications for the instructor.</li> </ul>			
<ul style="list-style-type: none"> <li>Understand how to develop critical thinking and decision-making skills in candidates.</li> </ul>			
<ul style="list-style-type: none"> <li>Create and apply strategies to engage Aquatic Supervisor or Aquatic Manager candidates in their learning.</li> </ul>			

<b>Teaching Candidates</b>	<b>Pre-course</b>	<b>On-course</b>	<b>End of course</b>
<ul style="list-style-type: none"> <li>Understand the characteristics that make a methodology appropriate for Aquatic Supervisor or Aquatic Manager candidates.</li> </ul>			
<ul style="list-style-type: none"> <li>Demonstrate a variety of presentation techniques appropriate for different units of the Aquatic Supervisor or Aquatic Manager course.</li> </ul>			
<ul style="list-style-type: none"> <li>Build an effective and inclusive learning environment using the principles of learning, group dynamics and problem-solving.</li> </ul>			

<b>Instructor Candidate Expectations and Evaluation</b>	<b>Pre-course</b>	<b>On-course</b>	<b>End of course</b>
<ul style="list-style-type: none"> <li>Understand the standards by which they will be evaluated.</li> </ul>			
<ul style="list-style-type: none"> <li>Understand how, when, by whom they will be evaluated.</li> </ul>			

<b>Evaluating Candidates</b>	<b>Pre-course</b>	<b>On-course</b>	<b>End of course</b>
<ul style="list-style-type: none"> <li>Understand and can apply candidate evaluation criteria (i.e., Performance Requirements) from the <i>Aquatic Management Award Guide</i>.</li> </ul>			
<ul style="list-style-type: none"> <li>Understand how and when to provide effective feedback both verbally and in writing.</li> </ul>			
<ul style="list-style-type: none"> <li>Know how to provide effective formative feedback to self and others to improve candidate performance.</li> </ul>			
<ul style="list-style-type: none"> <li>Know how to provide summative feedback supported by the relevant course references.</li> </ul>			