



Assistant Instructor Candidate Learning Outcomes Checklist

This checklist presents the learning outcomes that Assistant Instructor candidates must achieve in order to pass the Lifesaving Society Assistant Instructor course.

On course

You and the Trainer will use the checklist to track your growth and development on the learning outcomes throughout the course. It might be helpful to think of the learning outcomes as personal learning goals. For each learning outcome, assess yourself on a scale of 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.

End of course

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

Assistant Instructor Candidate Name: _____

Comments:

Learning Outcomes

Roles and Responsibilities	On-course	End of course
<ul style="list-style-type: none"> Understand the roles and responsibilities of an assistant instructor and the policies that govern assistant instructor conduct. 		
<ul style="list-style-type: none"> Demonstrate behaviours consistent with the Society's mission, vision and values. 		

Diversity and Inclusion	On-course	End of course
<ul style="list-style-type: none"> Understand what is meant by "diversity" and "inclusion." 		
<ul style="list-style-type: none"> Demonstrate the ability to support a positive learning environment. 		

Health and Safety	On-course	End of course
<ul style="list-style-type: none"> Know how to maintain safe learning environments. 		
<ul style="list-style-type: none"> Understand your obligations in respect to safe candidate behaviours. 		
<ul style="list-style-type: none"> Understand the assistant instructor's responsibilities related to facility-specific emergency procedures and response. 		

The Lifesaving Society	On-course	End of course
<ul style="list-style-type: none"> Know that the Society is a charitable, volunteer organization that operates in communities across Canada and around the world. 		
<ul style="list-style-type: none"> Know the mission of the Lifesaving Society. 		
<ul style="list-style-type: none"> Understand that the Society's training programs support the drowning prevention mission. 		

The Leadership System	On-course	End of course
<ul style="list-style-type: none"> Know what leadership training options are available following assistant instructor certification. 		

Curriculum and Reference Materials	On-course	End of course
<ul style="list-style-type: none"> Know that Lifesaving Society instructors use the <i>Swim for Life Award Guide</i> in planning, teaching and evaluating learn-to-swim participants. 		
<ul style="list-style-type: none"> Know that Lifesaving Society instructors use the <i>Canadian Lifesaving Manual</i> as the reference for the technical information on swimming and lifesaving strokes and skills. 		

Teamwork, Collaboration, and Communication	On-course	End of course
<ul style="list-style-type: none"> Understand the importance of active listening skills. 		
<ul style="list-style-type: none"> Understand the importance of and how to contribute positively to teamwork, cooperation and communication. 		

Learners, Learning, and Teaching	On-course	End of course
<ul style="list-style-type: none"> Understand the key principles involved in learning. 		
<ul style="list-style-type: none"> Understand factors that may affect learning. 		
<ul style="list-style-type: none"> Understand the importance of learner engagement and how and when to adjust to meet candidate learning needs. 		

Assistant Instructor Candidate Expectations and Evaluation	On-course	End of course
<ul style="list-style-type: none"> Understand the criteria by which you will be evaluated. 		

Skill Demonstration	On-course	End of course
<ul style="list-style-type: none"> Know how appropriate progressions and drills support skill development. 		