

American Red Cross Lifeguarding Course Presentation

Similar to a PowerPoint presentation, the course presentation is an in-class visual aid that is projected onto a screen or viewing area. Instructors “click” through the presentation slides as they progress through the lessons.

The course presentation is designed to include all the visual information needed to conduct a Lifeguarding course. The course presentation includes skill sheets, video segments, activity directions, information included on activity worksheets or activity sheets and lecture points. When using the course presentation, it is not necessary to use any print products (other than the lesson plan).

Before conducting the course, become familiar with the presentation software and test the system used for its display. Although printed reference materials are not necessary when using the course presentation, it is recommended

Course Presentation System Requirements:

- **Adobe Reader:** Adobe Reader 9 (<http://get.adobe.com/reader/>)
- **Flash (for streaming only):** Flash Player 9 for Windows and Mac; Flash Player 9 for Linux and Solaris
- **Processor:** Intel Core 2 Duo/AMD Athlon 64 X2 GHz or faster processor (required for viewing the PDF, recommended for streaming the course presentation)
- **Memory:** 2 GB of RAM or higher
- **Hard Drive:** Recommended minimum of 2 GB of hard drive space (file requires 500 MB)
- **Operating System:** Windows Vista, XP, Windows 7 or Mac OS 10.5 or higher

Equipment Requirements:

- Laptop/desktop computer
- Power source
- Projector (including any connection cables)
- Projection screen/area
- Computer speakers (or other source for sound)

Note: *The resolution of the videos in Adobe Presenter is excellent, but playback will be slightly different than playing the DVD directly.*

When you download the presentation, it will be saved as a PDF. To view the presentation, save the files to your computer and double click on the appropriate PDF icon to open it. Be sure to allow enough time to allow the file to download. Depending on the size of the file, it may take longer to download on certain types of equipment. It is highly recommended that download and testing on intended system occur well in advance of use. Allow enough time to arrange for the alternate format (i.e., DVD) to be available to you as a second option.

Helpful hints:

- Click the icon located on the bottom right-hand corner of the presentation to hide the vertical menu on the right.
- Use the scroll bar along the bottom to control where you are in a video segment.
- If you are viewing a video and you press pause, it does not play automatically when you advance to the next video. You have to press the Play button to start the next video.