

## AMERICAN RED CROSS WATER SAFETY INSTRUCTOR COURSE

The purpose of the American Red Cross Water Safety Instructor course is to train instructor candidates to teach courses and presentations in the American Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants' progress.

Instructor candidates may include, but are not limited to, lifeguards, head lifeguards, aquatic facility managers, camp counselors, swim team coaches, competitive swimmers, teachers and youth leaders. Instructor candidates may represent a broad range of backgrounds. They may differ in levels of education and experience. They may be taking an instructor training course to fulfill employment requirements, to complete requirements for a major area of study or certification, for professional growth or for personal satisfaction.

### PREREQUISITES

To participate in the Water Safety Instructor course, individuals must:

- Be at least 16 years of age on or before the final scheduled lesson of this course.
- Demonstrate the ability to perform the following swimming skills:
  1. Swim the following strokes consistent with the Stroke Performance Charts, Level 4.
    - Front crawl – 25 yards
    - Back crawl – 25 yards
    - Breaststroke – 25 yards
    - Elementary backstroke – 25 yards
    - Sidestroke – 25 yards
    - Butterfly – 25 yards
  2. Maintain position on back for 1 minute in deep water (floating or sculling).
  3. Tread water for 1 minute.

- The course is approximately 32 hours in length, spread out over several weekends.
- You are expected to participate in the entire training program.
- To meet the Red Cross requirements for successful completion of the Water Safety Instructor course you must:
  - Complete all reading and lesson planning assignments.
  - Attend and participate in all class lessons.
  - Demonstrate competency in all required skills and activities.
  - Successfully complete all practice-teaching assignments.
  - Pass the final written exam with a minimum score of 80 percent (40 correct answers out of 50 questions).
- You must demonstrate throughout the course that you are mature and responsible. Instructor trainers assess your maturity and responsibility by observing certain behaviors that include, but are not limited to:
  - Arriving at class and returning from breaks on time.
  - Paying attention to the instructor trainer and staying engaged in class activities.
  - Being prepared for class activities, such as dressed in swimwear, when required.
  - Completing homework assignments, including preparing written lesson plans.
  - Demonstrating that effort was put forth toward homework assignments. For example, the subject matter is appropriate, complete and presented in a professional manner.
  - Behaving appropriately during activities. For example, whether playing the role of a child or teaching during practice-teaching assignments, the behavior remains safe and reasonable to the situation.
  - Providing appropriate feedback, as requested, especially to peers after practice-teaching assignments.
  - Receiving feedback from the instructor trainer as well as peers in a professional manner.
- On successful completion of this training program, you will have the knowledge and skills to:
  - Meet the obligations of being a Red Cross instructor.
  - Plan and prepare a safe and successful learning environment.
  - Effectively observe and assess participants' skills performance.
  - Intervene effectively to promote participant learning and success.
  - Create strategies to meet the learning needs of individual participants.
  - Communicate effectively with participants and their parents, as appropriate.