
WATER SAFETY INSTRUCTOR FACT SHEET

Purpose

The purpose of this instructor course is to train instructor candidates to teach courses and presentations in the American Red Cross Swimming and Water Safety program including Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim, Adult Swim, Private Lessons, Water Safety Courses (including Safety Training for Swim Coaches*) and Water Safety Presentations.

**Prior to teaching Safety Training for Swim Coaches, Water Safety Instructors must complete an online orientation to Safety Training for Swim Coaches on Instructor's Corner.*

Prerequisites

- Be at least 16 years old on or before the last day of the Instructor 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 – 15 yards
 2. Maintain position on back for 1 minute in deep water (floating or sculling)
 3. Tread water for 1 minute

Learning Objectives

- Exhibit the characteristics required of a Red Cross representative and role model
- Conduct courses in a manner that helps participants stay engaged in the learning process
- Effectively use program materials and training equipment
- Ensure participants' health and safety during training
- Identify required information for reporting course enrollments and maintaining instructor certification
- Deliver quality, consistent and standardized content by following the *Water Safety Instructor's Manual*
- Identify key elements and strategies for planning and preparing effective and safe swim lessons
- Monitor participants' practice and provide positive, corrective feedback and encouragement consistent with the skill charts and skill assessment tool

- Develop the ability to effectively communicate about participants' progress in swim lessons
- Describe the importance of effective observation for teaching and how to develop it
- Modify teaching to meet unexpected challenges, including dealing with participants who misbehave
- Demonstrate the ability to accommodate participants who move, learn, communicate and behave differently

Length

- The **Instructor Led** version of this course is designed to be taught in approximately 31 hours, 15 minutes (including the Precourse Session)
- The **Blended Learning** version of this course is designed to be taught in approximately 30 hours, 15 minutes (including the Precourse Session)
 - Online time: 6 hours, 45 minutes
 - Facility time: 23 hours, 30 minutes

Instructor

Currently certified Water Safety Instructor Trainers

Certification Requirements

To become certified as a Water Safety Instructor, instructor candidates must:

- Successfully complete the Precourse Session
- Attend and actively participate in all course sessions
- Successfully complete class activities, including the required practice teaching assignments
- Score a minimum of 80 percent (40 correct answers out of 50 questions) on the final written exam

Certificate Issued and Validity Period

American Red Cross certificate for Water Safety Instructor: 2 years

Participant Products/Materials (available in e-book and print formats)

- *American Red Cross Water Safety Instructor's Manual*
- *American Red Cross Swimming and Water Safety*
- Visit instructorscorner.org/WSIcandidates to access digital materials and online prerequisites