



# Course: Water Safety (r.09)

## Instructor

### **Purpose**

To train instructor candidates to teach water safety, including the Basic Water Rescue and Personal Water Safety courses, six levels of Learn-to-Swim, three levels of Preschool Aquatics and two levels of Parent and Child Aquatics

### **Prerequisites**

- Be at least 16 years of age on or before the last day of the instructor course
- Possess a *Fundamentals of Instructor Training Certificate* issued within the last year or possess a current national *Health and Safety Services Instructor Authorization Certificate*
- Successfully complete the precourse session

### **Learning Objectives**

- Expand on information from the American Red Cross Fundamentals of Instructor Training (FIT) course
- Identify key elements and strategies for planning and preparing effective and safe swim lessons
- Identify key class management principles, elements and strategies for planning, preparing and conducting safe swim lessons
- Describe the importance of effective observation for teaching and how to develop it
- Observe swimming, headfirst entry and diving skills and accurately classify them and suggest appropriate interventions to improve them
- Develop the ability to effectively communicate about participant's progress in swim lessons
- Modify teaching to meet unexpected challenges including dealing with participants who misbehave
- Demonstrate the ability to accommodate participants with disabilities and other health conditions

### **Length**

Approximately 30 hours 30 minutes (including the precourse session)

### **Instructor**

Currently authorized Water Safety (r.09) instructor trainer

### **Certification Requirements**

- Complete all reading assignments
- Attend all class sessions
- Participate in all activities
- Successfully complete all practice-teaching assignments
- Pass the final written exam with a minimum grade of 80 percent (40 correct answers out of 50 questions)
- Demonstrate maturity and responsibility throughout the course

### **Certificate Issued and Validity Period**

Water Safety Instructor: Authorization is for 2 calendar years. All authorizations expire on December 31 of each year. Initial authorization may be for less or more time depending on when training is completed.

### **Participant Materials**

*American Red Cross Water Safety Instructor Candidate's Kit* (includes *Water Safety Instructor's Manual with CD-ROM*, *Swimming and Water Safety manual*, *Water Safety Handbook* and *Raffy Learns to Swim and Waddles in the Deep* booklets) (StayWell Stock No. 651311)