

AMERICAN RED CROSS WATER SAFETY INSTRUCTOR TRAINING FACT SHEET

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)

Certification Requirements

1. Complete all reading assignments
2. Attend all class sessions
3. Participate in all activities
4. Successfully complete all practice-teaching assignments
5. Pass the final written exam with a minimum grade of 80 percent (40 correct answers out of 50 questions)
6. 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 manuals are available in e-book and print formats

- Free e-book available for download
 - [Swimming & Water Safety Manual](#)
 - [Water Safety Instructor Manual](#)
- Print format is available for purchase at www.shopstaywell.com