



Water Safety Instructor Course

Fact Sheet

Course 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.

Course Prerequisites

- Be at least 16 years old on or before the final scheduled session of the 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

Course 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

Course Length

The Water Safety Instructor Course is offered in a blended learning format that includes 2 options:

- The Instructor Led (which includes online work for the candidates) blended version of this course is designed to be taught in approximately
 - Facility time: 31 hours, 15 minutes (including the Precourse Session).
 - Online time: 2 hours
- The SIM Learning Blended Learning version of this course is designed to be taught in approximately:
 - Online time: 6 hours, 45 minutes (includes a robust online learning experience)
 - Facility time: 23 hours, 30 minutes (including the Precourse Session)

Instructor

Instructors must hold a Water Safety instructor trainer certificate to teach the Water Safety Instructor Course. Specific information on eligibility and instructions on how to receive a Water Safety Instructor Trainer certification can be found on the Red Cross Learning Center/Instructor Lifecycle/Instructor Trainer Candidates.

Certification

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

Participants who successfully complete the Water Safety instructor course will be issued a Water Safety Instructor certification that is valid for two years.

Course Materials

Water Safety Instructor Candidates should obtain and review the following course materials prior to attending the Water Safety Instructor Course:

- American Red Cross Water Safety Instructor's Manual
- American Red Cross Swimming and Water Safety
- American Red Cross Lifeguarding Participant's Manual
- Visit [Red Cross Learning Center](#) to access digital materials and online prerequisites.