

Water Safety Instruction (WSI)



American Red Cross

Purpose

Train instructor candidates to teach water safety, including the Basic Water Rescue course, six levels of the Learn to Swim and Parent and Child Aquatics

Prerequisites

- Be at least 16 years of age by the last scheduled session of the instructor course
- Possess a Fundamentals of Instructor Training (FIT) certificate issued within the past 12 months or have a current Health and Safety Services Instructor Authorization (F5736 or C3005)
- Successfully complete the precourse session below
 - Swim the following strokes consistent with Stroke Performance Charts, Level 4:
 - Front Crawl (25 Yards)
 - Elementary Breaststroke (25 Yards)
 - Back Crawl (25 Yards)
 - Sidestroke (25 Yards)
 - Breaststroke (25 Yards)
 - Butterfly (25 Yards)
 - Maintain position on back 1 minute in deep water (floating or sculling)
 - Tread water for 1 minute

Learning Objectives

- Expand on information on 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 skills and accurately classify them and suggest appropriate interventions to improve them

Length

30 Hours (including the precourse session)

Instructor Certification

Currently authorized Water Safety (r.09) instructor trainer

Requirements and Validity

Complete all reading assignments

Attend all class sessions & participate in all activities

Successfully complete all practice-teaching assignments

Pass written final exam with 80% or higher

Demonstrate maturity and responsibility

Authorization for 2 calendar years