

# AMERICAN RED CROSS WATER SAFETY INSTRUCTOR TRAINING FACT SHEET

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## 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. This approximately 30-hour course will help you teach skills that may save a life, gain terrific work experience as an aquatics professional, earn money or join a volunteer team while you help people learn valuable skills. In addition you will learn organizational and presentation skills that will help you in any career and make a difference in people's lives. Whether you want to splash around with kids and teach them to swim, help children and adults refine their strokes or teach diving safety techniques, you can do it as an American Red Cross Water Safety Instructor.

## Prerequisites

- Be at least 16 years of age on or before the last day of the instructor course
- Successfully complete the pre-course session
- Minimum Level 4 Swimming Ability

## 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

## 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
6. Demonstrate maturity and responsibility throughout the course

## Certificate Issued and Validity Period

American Red Cross Water Safety Instructor: valid for 2 years  
American Red Cross Fundamentals of Instructor Training

## Participant Materials

The following American Red Cross Water Safety Instructor manuals are provided as part of the course materials and included in the course fee.

- [Swimming & Water Safety Manual](#)
- [Water Safety Instructor Manual](#)