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## Health and Safety Programs

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<b>COURSE:</b>	<b>Water Safety Instructor (r.04)</b>
<b>Course Code:</b>	<b>3490I</b>
<b>Purpose</b>	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
<b>Prerequisites</b>	<ul style="list-style-type: none"> <li>▪ Be at least 16 years of age by the last scheduled session of the instructor course;</li> <li>▪ 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); and</li> <li>▪ Successfully complete the precourse session</li> </ul>
<b>Learning Objectives</b>	<ul style="list-style-type: none"> <li>▪ Expand on information on the American Red Cross Fundamentals of Instructor Training (FIT) course;</li> <li>▪ Identify key elements and strategies for planning and preparing effective and safe swim lessons;</li> <li>▪ Identify key class management principles, elements and strategies for planning, preparing and conducting safe swim lessons;</li> <li>▪ Describe the importance of effective observation for teaching and how to develop it; and</li> <li>▪ Observe swimming skills and accurately classify them and suggest appropriate interventions to improve them.</li> </ul>
<b>Length</b>	30 hours (including the precourse session)
<b>Instructor</b>	Currently authorized Water Safety (r.04) instructor trainer
<b>Certification Requirements</b>	<p>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); and  Demonstrate maturity and responsibility throughout the course.</p>
<b>Certificate Issued and Validity Period</b>	Water Safety Instructor (r .04)—Authorization is for 2 calendar years. All authorizations expire on December 31. Initial authorization may be less or more depending on when training is completed.
<b>Participant Materials</b>	<i>American Red Cross Water Safety Instructor Candidate's Kit</i> (includes Water Safety Instructor's Manual, including CD-ROM, Swimming and Water Safety manual, Water Safety Handbook, Learn-to-Swim booklets) (StayWell Stock No. 651311)