



Together, we can save a life

Fact Sheet

Health and Safety Services

Health and Safety Programs

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| COURSE: | Water Safety Instructor (r.04) |
| Course Code: | 3490I |
| 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 | <ul style="list-style-type: none">▪ 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); and▪ Successfully complete the precourse session |
| Learning Objectives | <ul style="list-style-type: none">▪ 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; and▪ Observe swimming skills and accurately classify them and suggest appropriate interventions to improve them. |
| Length | 30 hours (including the precourse session) |
| Instructor | Currently authorized Water Safety (r.04) instructor trainer |
| Certification Requirements | 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. |
| Certificate Issued and Validity Period | 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. |
| Participant Materials | <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) |