

# 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.04) instructor trainer

## Requirements and Validity Period

- 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