

**2021 Red Cross Water Safety Instructor Class**  
**Spring Session: May 10 to May 28, 2021**  
**Attendance at ALL WSI Classes is MANDATORY**  
**There are no make-up lessons for this class**

**Class One – Monday, May 10**

6:00pm – 9:30pm  
Complete online Orientation to the Swimming and Water Safety Program  
Complete Round 1 of the online simulation  
Prerequisite skills test  
Reading assignment: WSIM Chapters 1, 4 & 10;  
SWS Chapters 1, 2 & 3

**Class Two – Wednesday, May 12**

6:00pm - 9:30pm  
Complete Rounds 2 & 3 of the online simulation  
Reading assignment: WSIM Chapters 2, 3, 5, 6, 7 and 8; SWS Chapters 6 & 9  
Review Stroke Performance Charts

**Class Three – Friday, May 14**

6:00pm - 9:30pm  
Complete Rounds 4 & 5 of the online simulation  
Reading assignment: WSIM Chapters 5, 8 & 9;  
SWS Chapter 4, 5, & 6  
Practice Teaching Assignment 1

**Class Four – Monday, May 17**

6:00pm – 9:30pm  
Complete Rounds 6 & 7 of the online simulation  
Reading assignment: WSIM Chapters 6 & 9;  
SWS Chapters 6, 7 & 9  
Practice Teaching Assignment 2

**Class Five – Wednesday, May 19**

6:00pm - 9:30pm  
Complete Round 8 of the online simulation  
Reading assignment – WSIM Chapter 5, 8 9;  
SWS Chapters 8 & 9  
Practice Teaching Assignment 3 (1/2)

**Class Six – Friday, May 21**

6:00pm – 9:30pm  
Complete Round 9 of the online simulation  
Reading assignment: WSIM Chapter 1 & 12  
Practice Teaching Assignment 3 (1/2)

**Class Seven – Monday, May 24**

6:00pm – 9:30pm  
Mini Practice Teaching Assignments  
Review readings and skills as needed

**Class Eight – Wednesday, May 26**

6:00pm – 9:30pm  
Practice Teaching Assignment 4  
Review readings and skills as needed  
**WRITTEN EXAM: WSI Instructor Exam**

**Class Nine – Friday, May 28**

6:00pm – 9:30pm  
Finish Practice Teaching Assignments  
Final Skills Assessment

Instructor candidates must participate in all classes to complete the course. Bring a one-piece bathing suit, towel, swim goggles (optional), manuals, pen and paper to all classes. In order to receive certification, candidates must pass 100% of skills, complete all practice teaching assignments and score 80% or higher on the written exam. Absences will result in non-completion of the course and no certificate will be given. Candidates must complete the reading assignments and teaching preparation before each class. Bring online completion certificates to each class. Failure to complete homework assignments before each class will result in you being dropped from the course.

WSIM – Water Safety Instructor’s Manual  
SWS – Swimming and Water Safety Manual

# Water Safety Instructor Course Outline

## CLASS 1

Welcome. Verify age. Prerequisite swimming skills evaluation:

- Swim 25 yards each front crawl, back crawl, breaststroke, sidestroke and elementary backstroke and 15 yards butterfly. Must meet or exceed the Level 4 Stroke Performance criteria.
- Maintain position on your back for 1 minute in deep water (floating or sculling)
- Tread water for 1 minute

Orienting to the American Red Cross Swimming and Water safety program and materials. Planning and preparing to teach. Teaching water safety. Making good safety decisions. Water safety skills.

## CLASS 2

Development and learning. Teaching strategies. Planning lessons. Practice teaching overview and assignments. Refining the front crawl. Model practice teaching demonstration. Stroke practice-front crawl. Common teaching progressions - front crawl and back crawl.

Holding and support techniques. Overview of Parent and Child Aquatics. Refining the back crawl. Observation for assessment. Parent and child aquatic skills. Teaching parent and child aquatic skills. Stroke practice - back crawl. Reciprocal practice-front crawl and back crawl.

## CLASS 3

Evaluation. Overview of Preschool Aquatics. Recording and tracking progress. Refining the breaststroke. Experimenting with Hydrodynamic Principles. Holding and support positions and basic aquatic skills. Stroke practice –breaststroke.

Overview of Learn-to-Swim Levels 1-4. Managing participants at different levels. Refining the butterfly. Reciprocal practice - front crawl, back crawl, and breaststroke. **Practice teaching assignment #1.** Stroke practice-butterfly.

## CLASS 4

Learn-to-swim Levels 5 and 6. Teaching people who move, learn, communicate, or behave differently.

Refining the elementary backstroke. **Practice teaching assignment #2.** Making accommodations for inclusion exercise. Stroke practice-elementary backstroke.

## CLASS 5

Teaching starts. Teaching turns. Refining the sidestroke. Progressions for starts. Progressions for turns. Stroke practice-sidestroke. Reciprocal practice-butterfly, elementary backstroke and sidestroke. Starts from a starting block.

Longfellow's WHALE tales. Overview of Adult Swim. Working with adults. Managing behavior. Teaching diving from a diving board. Diving progressions. **Practice teaching assignment #3 (1/2).** Teaching techniques - front crawl, back crawl, and breaststroke.

## CLASS 6

Reviewing practice teaching experiences. Teaching private lessons. Teaching techniques – butterfly, elementary backstroke and sidestroke. **Practice teaching assignment #3 (1/2).**

## CLASS 7

Mini Practice Teaching Assignments

## CLASS 8

Course review. American Red Cross administrative policies and procedures. American Red Cross awards. Staying informed. **Practice teaching assignment #4.**

**\*\*Final written exam\*\***

## CLASS 9

Finish Practice Teaching Assignments

Final Skills Assessment