

2022 Red Cross Water Safety Instructor Class
Summer Session: June 15 to June 18, 2022
Salmon City Pool, Salmon, ID
Attendance at ALL WSI Classes is MANDATORY
There are no make-up lessons for this class

Class One – Wednesday, June 15

Classroom: 8:00a – 12:00p, Pool : 1:00p – 5:00p
Complete online Orientation to the Swimming
and Water Safety Program
Complete Rounds 1-9 of the online simulation
Prerequisite skills test
Practice Teaching Assignment 1
Reading assignment: WSIM Chapters 1 - 8 & 10;
SWS Chapters 1, 2, 3, 6 & 9

Class Two – Thursday, June 16

Classroom: 8:00a – 12:00p, Pool : 1:00p – 5:00p
Reading assignment: WSIM Chapter 9; SWS
Chapters 4 & 5
Review Stroke Performance Charts
Practice Teaching Assignment 2

Class Three – Friday, June 17

Classroom: 8:00a – 12:00p, Pool : 1:00p – 5:00p
Mini Practice Teaching Assignments
Practice Teaching Assignment 3
Reading assignment: WSIM Chapters 11 & 12;
SWS Chapter 7 & 8

Class Four – Saturday, June 18

Classroom: 8:00a – 12:00p, Pool : 1:00p – 5:00p
Practice Teaching Assignment 4
Review readings and skills as needed
WRITTEN EXAM: WSI Instructor Exam
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 certificate to first 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

3/16/2022

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.

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.

Practice teaching assignment #1.

CLASS 2

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. Stroke practice-butterfly.

Learn-to-swim Levels 5 and 6. Teaching people who move, learn, communicate, or behave differently. Refining the elementary backstroke. Making accommodations for inclusion exercise. Stroke practice-elementary backstroke.

Practice teaching assignment #2.

CLASS 3

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. Teaching techniques - front crawl, back crawl, and breaststroke.

Reviewing practice teaching experiences. Teaching private lessons. Teaching techniques – butterfly, elementary backstroke and sidestroke.

Mini Practice Teaching Assignments

Practice teaching assignment #3.

CLASS 4

Course review. American Red Cross administrative policies and procedures. American Red Cross awards. Staying informed.

****Final written exam****

Practice teaching assignment #4

Final Skills Assessment