

Water Safety Instructor Course Physical Education Study Guide

An American Red Cross Water Safety Instructor must complete the following in order to become certified:

- *Purchase all course materials that are required by the American Red Cross.
- *Successfully complete the required practice-teaching assignments.
- *Score 80 percent on the final written exam.

A certified American Red Cross Instructor is authorized to teach the following classes:

- * Learn-to-Swim Levels 1 – 6.
- * Parent Child Aquatics
- * Other outreach programs that include:
 - *Basic Water Rescue
 - *Water safety presentations
 - *Longfellow's WHALES Tales – (Teaching children of the hazards encountered around the water and how to avoid them).

Good water safety practices for an instructor to remember and implement:

- An important step in the success of an instructor is to self-evaluate the effectiveness of your lesson plan at the end of each class.
- A good lesson plan includes: Class size, participants' abilities, and equipment needed in the class activities.
- A goal for the Parent and Child Aquatics class is to provide basic skills that help infants and young children (6 months or older) become comfortable, safe in and around the water.
- Any demonstrations given in class should always be visible to all students. A video/DVD can also provide an additional demonstration that can be viewed as needed.
- Any diving skills that are taught are done in at least nine feet of water to prevent head, neck or back injuries.
- All certified Water Safety Instructors must teach at least one course of record during the authorized period in order to be reauthorized.

