AMERICAN RED CROSS
WATER SAFETY INSTRUCTOR
CERTIFICATION
REQUIREMENTS

The purpose of the American Red Cross Water Safety Instructor course is to train instructor candidates to teach courses and presentations in the American Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants’ progress. To participate in the Water Safety Instructor course, individuals must:

AGE REQUIREMENT: 16 YEARS
(on or before final scheduled lesson of this course)

REQUIRED SWIMMING SKILLS:

1. Swim the following strokes consistent with the Stroke Performance Charts, Level 4
   • Front crawl—25 yards
   • Back crawl—25 yards
   • Breaststroke—25 yards
   • Elementary backstroke—25 yards
   • Sidestroke—25 yards
   • Butterfly—15 yards

2. Maintain position on back for 1 minute in deep water (floating or sculling)

3. Tread water for 1 minute

TO BE CERTIFIED AS A WATER SAFETY INSTRUCTOR, INSTRUCTOR CANDIDATES MUST:

• Successfully complete the pre-course session
• Successfully complete the online Orientation to the Swimming and Water Safety Program, which includes an orientation to the American Red Cross. Proof of completion must be presented before the candidate is allowed to participate in class.
• Attend and successfully participate in all course lessons, including the online content
• Successfully complete the required number of practice-teaching assignments
• Score at least 80 percent (correctly answer 40 of 50 questions) on the final instructor course written exam

CLASS DATES & TIME:

<table>
<thead>
<tr>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fridays</td>
<td>4/21, 4/28, 5/5</td>
<td>6:30 PM-9:30 PM</td>
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<tr>
<td>Sundays</td>
<td>4/23, 4/30, 5/7</td>
<td>9:00 AM-5:00 PM</td>
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This is one class. Must attend all dates and times.