



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

CLASS DATES & TIME:

Fridays	4/21, 4/28, 5/5	6:30 PM–9:30 PM
Sundays	4/23, 4/30, 5/7	9:00 AM–5:00 PM

This is one class. Must attend all dates and times.

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

BERKELEY HEIGHTS YMCA

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SUMMIT YMCA

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The Summit Area YMCA is one of the area's leading charitable 501(c)3 organizations. Our programs and services are open to all through our financial assistance programs made possible through the generosity of our members, donors and partners. To help us help others, make your tax-deductible donation today at www.theSAY.org