

# **AMERICAN RED CROSS WATER SAFETY INSTRUCTOR**

## **Course Syllabus**

June Wilden: Wellness (Room 109B)

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## **Course Description -**

The purpose of this course is to train instructor candidates to teach water safety, including the Basic Water Rescue course, six levels of the Learn to Swim and Parent and Child Aquatics. Note: This Water Safety Instructors course is not designed to teach you the required strokes. This course is dedicated to developing the skills you will need to instruct and plan course in the American Red Cross Swimming and Water Safety program

**Prerequisites:** To be eligible to take the Water Safety Instructor course a prospective candidates must

1. Be at least 16 years old on or before the final scheduled session of the Instructor course. (Candidates must provide proof of age, such as a driver's license or birth certificate.)
2. Possess one of the following:
  - a. Possess a Fundamentals of Instructor Training (FIT) certificate issued within the past 12 months.
  - b. Have a current Health and Safety Services Instructor Authorization (F5736 or C3005)
3. Successfully pass the Precourse written test and skills test.

## **PRECOURSE SKILLS TEST CONSISTS OF THE FOLLOWING SKILLS:**

1. Long shallow dive into a minimum of 9 feet of water, perform a surface dive, retrieve a 10 pound brick in 6 to 10 feet of water, and bring it to the surface.
2. Perform a wading assist with equipment. Bring the victim safely to the side of the pool.
3. Enter shallow water and approach a facedown victim with a suspected spinal injury. Use the Head Splint to establish the airway and maintain in-line stabilization.

# Red Cross Water Safety Instructor Test Answers

**Daniela Niemeyer**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

## Red Cross Water Safety Instructor Test Answers:

**American Red Cross Water Safety Instructor's Manual** ,2004      **Water Safety Instructor's Manual** American National Red Cross,1961      **Instructor's Manual, Life Saving and Water Safety Courses** American National Red Cross,1944      Motorboating - ND ,1983-07      The Development of the Red Cross Water Safety Service and the Royal Life Saving Society in Canada Mavis E. Berridge,1966      *The Red Cross Courier* ,1934      *Grade 4 Know Your Body Teacher's Guide* Institute For Cancer Prevention,2000-06      **The Massachusetts Teacher** ,1974      **Safety Education** ,1958 A magazine of the good adventure      **Bulletin of Safety Education** ,1958      The California Highway Patrolman ,1960      Forthcoming Books Rose Arny,1992      **Programed Instruction in Health Education and Physical Education** American Association for Health, Physical Education, and Recreation,1970      *Forest Echoes* ,1957      **Best's Insurance News** ,1958      **Fat Chat with Tamara** Tamara Hill,Maryann Bucknum Brinley,2000 Once an abused wife weighing 250 pounds Hill transformed herself into a fitness instructor and motivational group leader Building on three themes love yourself think health and move it to lose it Hill presents a 16 week hospital based weight loss program weaving in supportive advice and moving stories      *Army and Navy Register* ,1927      Films and Other Materials for Projection Library of Congress,1977      **Fishing Vessel Safety and Insurance Issues** United States. Congress. House. Committee on Merchant Marine and Fisheries. Subcommittee on Coast Guard and Navigation,1986      Normal Instructor and Teachers World ,1922

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