

Your Name: \_\_\_\_\_

Class Dates: \_\_\_\_\_

**GENERAL COURSE INFORMATION**

**Course Purpose:** The purpose of the American Red Cross Water Safety Instructor (WSI) course (v.14) is to train you to teach courses and presentations in the American Red Cross Swimming and Water Safety program by developing your understanding of how to use course materials, conduct training, and evaluate participant progress.

**Prerequisites:** To enroll in this course, you must be:

- At least **16 years old**
- **Able to swim 6 strokes at Level 4 proficiency:** front crawl, back crawl, elementary backstroke, sidestroke, and breaststroke for 25 yards each and butterfly for 15 yards.
- **Able to tread water and back float** for 1 minute each

**Completion Requirements:** To receive a WSI certificate, you must:

- Successfully complete the Water Safety Instructor Online Course
- Successfully complete the online Orientation to the Swimming and Water Safety Program
- Download/Print all required Course Manuals and Class Forms
- Attend and actively participate in all course sessions and/or complete an authorized work plan
- Successfully complete class activities, including the required practice-teaching assignments
- Pass the final written exam with a score of 80% or better (40 correct out of 50 questions)

**Maturity Requirement:** You must also demonstrate throughout the course that you are mature and responsible by arriving at class on time at the start of class and after breaks, paying attention in class, completing assignments, behaving appropriately during all class activities, giving and receiving feedback when appropriate, and treating others with respect.

**PRE-CLASS WORK**

The following pre-class work must be completed prior to the first day of class. **Allow several days to do the pre-class work in case you have any issues with the online course.**

To complete the Pre-Class work, visit <http://www.safeswim.com/wsi-certification/>

1. Complete the WSI online course
2. Complete the Swimming & Water Safety Orientation
3. Print the Class Forms
4. Download the Course Manuals
5. Print the Study Guide

**Note:** Those who have not completed the pre-class work will **NOT** be allowed to continue in the WSI class.

**WHAT TO BRING TO CLASS**

- Proof that you are at least 16 years old
- Completed Registration form (printed)
- Online WSI course completion report (printed - round 6 due of Saturday, round 9 due of Sunday)
- Signed completion page from the Orientation to the Swimming and Water Safety Program (printed)
- Water Safety Instructor Manual (digital or printed copy)
- Swimming & Water Safety Manual (digital or printed copy)
- WSI Study Guide (printed copy)
- Stroke Performance Charts: Level 1 – Level 6 (digital or printed copy)
- Swim suit, towel, and dry comfortable clothes

# Red Cross Wsi Study Guide

**Karin Nielsen-Saines**



## Red Cross Wsi Study Guide:

**Your Guide to Alternative Medicine** Larry P. Credit, Sharon G. Hartunian, Margaret J. Nowak, 2003 Describes a variety of alternative medical approaches including acupuncture aromatherapy myotherapy and rolfing providing details on conditions that respond to treatment how each works what to expect cost and finding a practitioner **Polish Serial Publications 1953-1962, an Annotated Bibliography** Jan Wepsiec, 1964 **California Occupational Guide**, 1993 **Polish Serial Publications., 1853-1962** Jan Wepsiec, 1964 *New Acronyms and Initialisms*, 1975 Report Women's National Aquatic Forum, **World Guide to Special Libraries: Libraries M-Z. Index** Willemina van der Meer, 2003 **Camping Magazine**, 1959 Includes Annual buying guide issue **Adapted Physical Education** Lowell F. Masters, Allen A. Mori, Ernest K. Lange, 1983 Instructional Strategies for Secondary School Physical Education Marilyn M. Buck, 2007 Comprehensive overview of secondary level physical education teaching methods and program and curriculum design with a strong theoretical background and focus on extensive applications and examples *Subject Guide to Forthcoming Books*, 1983 Presents by subject the same titles that are listed by author and title in Forthcoming books **Acronyms, Initialisms & Abbreviations Dictionary** Mary Rose Bonk, 2003 *Who's who Among Students in American Universities and Colleges* Henry Pettus Randall, 1985 **Quantitative imaging and artificial intelligence in breast tumor diagnosis** Xiang Zhang, Jun Shen, Siuly Siuly, Yanhui Guo, Yao Lu, 2023-02-13 **Instructor**, 1993 **World guide to libraries** Peter Schmidt, 2006 Bibliographic Guide to Slavic, Baltic, and Eurasian Studies, 1994 Pennsylvania Journal of Health, Physical Education, Recreation, 1975 **Swimming World and Junior Swimmer**, 1980 *Japanese Science and Technology*, 1986

## Decoding **Red Cross Wsi Study Guide**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Red Cross Wsi Study Guide**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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