

AMERICAN RED CROSS WATER SAFETY INSTRUCTOR

Course Syllabus

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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.

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